

Guide on Good Food

Recipes from the Guide on Good Food (Foods of the World)

Contents

A

ANGEL FOOD CAKE	1
ANTIPASTO (appetizers)	1
APPLE PIE	2
PASTRY	3
AVOCADO SALAD	4
AVOCADO, CARROT AND ORANGE SALAD	5

B

BADAMI GOSHT KORMA (lamb and almond curry)	5
BAKED APPLES	6
BAKED CUSTARD	7
BAKED POTATOES	7
BAKING POWDER BISCUITS	8
BAKLAVA (layered pastry with walnuts and honey syrup)	9
BARBECUED BEEF SHORT RIBS	10
BATTER-DIPPED SHRIMP	10
BISCUITS	11
BLACKBERRY BUCKLE	12
BLUEBERRY MUFFINS	13
BOILED DINNER	13
BORSCHT (beet soup)	14
BOSTON BAKED BEANS	15
BRAISED BREADED PORK CHOPS	16
BROCCOLI WITH CHEESE SAUCE	16
BROILED GRAPEFRUIT HALVES	17
BROILED STEAK	18
BROILED TOMATOES	18
BROWN BREAD	19
BRUNEDE KARTOFLER (caramelized potatoes)	19

C

CARBONADA CRIOLLA (beef stew Argentina)	20
CENCI (deep-fried sweet pastry)	21
CH' UN-CHUAN (egg rolls)	22
CHALLAH	25
CHAO-HSUEH-TOU (stir-fried snow peas, mushrooms and bamboo shoots)	26
CHAPATIS (unleavened bread)	27
CHATNI (mixed fruit chutney)	28
CHEESE SOUFFLE	28
CHERNYI KHLIB (black bread)	29
CHOCOLATE CHIP COOKIES	31
CHURROS (fried crullers)	32
COCOA	32
COCONUT LOAF	33
COLESLAW	34
COOKED SALAD DRESSING	34

Contents

CORN ON THE COB	35
CORNE D BEEF AND CABBAGE	35
COUVE A MINEIRA (shredded kale greens)	36
CREAM OF TOMATO SOUP	36
CREAM PUFFS	37
CREAMED NEW POTATOES AND PEAS	38
D	
DEILED CAULIFLOWER	39
E	
EMPANADAS (turnovers)	39
EMPANADILLAS (turnovers)	40
ENCHILADAS VERDES	42
ENGLISH TRIFLE	43
ENSALADA CATALANA (Catalan salad)	44
ENSALADA DE VALENCIANO (pepper salad)	45
F	
FATTIGMAND (fat men cookies)	45
FETTUCCINE VERDE AL BURRO (green noodles with butter and cheese)	46
FLAN (caramel custard)	47
FRENCH DRESSING	48
FRIED CHICKEN	48
FRIED RICE	49
FRIJOLES REFritos (refried beans)	49
FRUIT WHIP	50
FUDGE	51
G	
GARAM MASALA (Indian spice mixture)	52
GAZPACHO (cold fresh vegetable soup)	52
GEFILTE FISH	53
GERMAN POTATO SALAD	53
GHEE (clarified butter)	54
GLAZED CARROTS	55
GOHAN (steamed rice)	55
GREEN BEANS	56
GREENS WITH VINEGAR AND OIL DRESSING	56
GRUn SALAT MIT HEISS SPECK SOCCE (green salad with hot bacon dressing)	57
H	
HALVA (semolina dessert)	58
HERO SANDWICH	58
HONEY CAKE	59
HSING-JEN-PING (almond cookies),	60
K	
KARTOFFELPUFFER MIT APFELMUS (potato pancakes with applesauce)	61
KARTOPLIA SOLIMKOI (deep-fried straw potatoes)	61
KESAKEITTO (summer soup)	62

Contents

KOTLETY PO-KYIVSKOMU (chicken Kiev)	63
KOTTBULLAR (Swedish meatballs)	64
KOURAMBIEDES (walnut cookies)	65
KRINGLA (double-ring twist biscuits)	66
L	
LAMB CHOPS DELUXE	67
LEMON YOGURT MOLD	67
LENTIL SOUP	68
LIMPA (Swedish rye bread)	68
LIVER AND PINEAPPLE	70
LOBSTER TAILS	71
M	
MACADAMIA NUT CHIFFON PIE	71
MACARONI AND CHEESE	73
MASLO GAROKH (buttered peas)	73
MAST VA KHIAR (cucumber and yogurt salad)	74
MAYONNAISE	74
MERINGUE SHELLS	75
MEXICAN CORNBREAD	76
MINESTRONE (vegetable soup)	76
MOUSSAKA (baked eggplant, lamb and tomatoes with cream sauce)	77
MOUSSE AU CHOCOLAT (chocolate mousse)	79
MUFFINS	80
N	
NACHOS	80
NAMASU (daikon and carrot in vinegar dressing)	81
NEW ENGLAND CLAM CHOWDER	82
NEW POTATOES AND PEAS	82
NOODLE KUGEL	83
P	
PAELLA (saffron rice with seafood and chicken)	84
PAI-FAN (steamed rice)	85
PAIN (French bread—cool rise)	86
PANNE (Italian bread - cool rise)	87
PARSLEY BUTTERED POTATOES	88
PASKHA (Easter cheesecake)	89
PASTRY	90
PEANUT BRITTLE	91
PECAN PIE	92
PFLAIJMENKUCHEN (plum cake)	92
PILAV (rice pilaf)	93
PIROZHKI (small pastries filled with meat)	94
PITA (pocket bread)	95
PLATANOS TUMULTO (broiled bananas)	96
POACHED PEARS	97

Contents

POACHED SALMON	97
POLLO ALLA CACCIATORE (chicken hunter-style)	98
POLVORONES (Mexican wedding cookies)	99
POPOVERS	99
POULET AU CITRON (chicken with lemon)	100
PSOMI (Greek bread)	101
PULAO (rice)	102
PUMPERNICKEL (rye bread from Westphalia)	102
PUMPKIN CHIFFON PIE	104
PUMPKIN PIE	105
R	
RAITA (yogurt with cucumber and tomato)	105
RASILEIRAS (coconut cookies)	106
RATATOUI LLE (Mediterranean vegetable casserole)	107
REFRIGERATOR ROLLS	108
ROASTED CHICKEN	109
ROLLED BEEF RIB ROAST	109
ROTKOHL (red cabbage)	110
RYE BREAD	110
S	
SALADE VERTE (green salad)	111
SALATA JHORIATIKI (rural salad)	112
SALMON STEAKS WITH DILL SAUCE	113
SAMOSAS (stuffed savory pastries)	114
SANGRIA (mock red wine punch)	115
SAUERBRATEN (marinated beef in sweet sour sauce)	115
SAUERBRATEN WITH GINGERSNAP GRAVY	116
SCALLOP KABOBS	117
SCONES	118
SHISH KEBABS (lamb kebabs)	119
SHOOFLY PIE	120
SHORTENED CAKE (Conventional Method)	120
SHORTENED CAKE (Quick Mix Method)	121
SILL MED KREMSAUS (herring in cream sauce)	122
Snow Peas	123
SOFT CUSTARD	123
SOPAPILLAS	124
SOUPA AVGOLEMONO (egg-lemon soup)	124
SOUPE A L'OIGNON (onion soup)	125
SOURDOUGH BREAD	126
SOUTHERN FRIED CHICKEN with Gravy	127
SPECIAL BEEFBURGERS	128
SQUASH PUDDING	129
STANDARD PROPORTIONS FOR WHITE SAUCE	130
STEAMED CLAMS	130

Contents

STEWED RHUBARB	131
STRAWBERRY BAVARIAN	131
SUKIYAKI (beef and vegetables cooked in a seasoned liquid)	132
SUMASHI (clear broth with tofu and shrimp)	134
SWEET LELANI	135
SYLTEDE R0DBEDER (pickled beets)	135
T	
T'IENT-SUAN-KU-LAO-JOU (sweet and sour pork)	136
TACOS	137
TACOS 1	138
TAHITIAN PORK	139
TAN-HUA-T'ANG (egg drop soup)	140
THREE BEAN SALAD	140
TIMETABLE FOR DEFROSTING	141
TORTILLAS	141
TORTILLAS 1	142
TORTILLAS DE MAIZ (corn pancakes)	143
TOSSED GREENS WITH RANCH DRESSING	144
TROPICAL RICE	144
TROPICAL SHERBET	144
V	
VANILLA ICE CREAM	145
VANILLA PUDDING	146
VEGETABLE STUFFED HALIBUT	147
W	
WAIMEA SALAD	148
WALDORF SALAD	149
WELSH RABBIT	149
WHITE BREAD	150
WHOLE WHEAT BREAD (cool rise)	151

ANGEL FOOD CAKE

1 Cup Sifted Cake Flour
1/2 Cups Sugar
1/2 Cups Egg Whites (10 to 12)
1/4 Teaspoon Salt
1/2 Teaspoon Cream of Tartar
1/2 Teaspoon Vanilla
1/2 Teaspoon Almond Extract

Preheat oven to 190 °C (375 °F). Sift the flour and one-half of the sugar together onto a sheet of waxed paper. In large mixing bowl, combine the egg whites (at room temperature), salt and cream of tartar; add flavorings and beat until egg whites reach the soft peak stage. Gradually add the remaining sugar, about 30 mL (2 tablespoons) at a time. Continue beating until meringue forms stiff peaks. Sift one-fourth of the flour-sugar mixture over the meringue, folding it in gently until flour just disappears. Continue sifting and folding until all of the flour-sugar mixture has been added. Gently push batter into a 25 cm (10 inch) ungreased tube pan. Cut through batter with a spatula or knife to remove large air bubbles. Bake on lowest oven rack for 35 to 40 minutes or until a light touch does not leave an imprint. Invert pan over a long necked bottle and let hang until completely cool, about 1 hour. Makes one 25 cm

Notes:
(10 inch) tube cake.

ANTIPASTO (appetizers)

Anchovy Fillets
Artichoke Hearts
Sauteed Cold Mushrooms Marinated in Vinegar
And Oil
Black Olives
Sweet Red Peppers
Prosciutto (smoky-flavored Italian Ham)
Salami
Celery Hearts
Radishes
Small Green Peppers Pickled in Vinegar
Sliced Hard-cooked Eggs
Finocchio (a Type of Italian Celery)
Sliced Tomatoes

Many different foods can appear in an antipasto. But regardless of the number or types of foods chosen, all antipasto ingredients should be attractively arranged on the serving platter. The following foods frequently are part of an antipasto.

Cakes, Cookies, Pies Candies

APPLE PIE

Pastry
Pastry for a Double Crust, 9 Inch Pie
6 Cups Apples (7 to 8 medium size)
3/4 Cup Sugar
2 Tablespoons Flour
1/2 Teaspoon Cinnamon
1 Tablespoon Butter or Margarine

Preheat oven to 220 C (425 F). Peel, core and slice apples. Combine sugar, flour and cinnamon; mix with apples. Arrange apples in an unbaked 23 cm (9 inch) pastry shell, heaping fruit slightly in the center. Dot with butter or margarine.

Place top crust over fruit; seal edges and flute. Bake pie at 220 °C (425 °F) for the first 15 minutes. Reduce heat to 180°C (350 °F) and continue baking until apples are tender and crust is lightly browned, about 30 minutes.

Yield: 1 pie

Notes: (If crust edges brown excessively before apples are tender, cover with strips of aluminum foil.) Makes one 23 cm (9 inch) pie.

Cakes, Cookies, Pies Candies

PASTRY

2 Cups Sifted All-purpose Flour
1 Teaspoon Salt
2/3 Cup Shortening
1/4 Cup Cold Water (1/4 to 1/3)

Preheat oven to 220 °C (425 °F).

Sift flour and salt into a large mixing bowl. Cut in shortening until particles are the size of coarse cornmeal. Sprinkle mixture with cold water, 15 mL (1 tablespoon) at a time, while tossing it lightly with a fork. Push dough against sides of bowl a few times so it holds together; shape into a ball. (Dough may be allowed to rest at this point, if desired.)

Divide dough into two portions. On a lightly floured pastry cloth or board, roll one portion of dough into a circle 2.5 cm (1 inch) larger than the pie plate and 3 mm (1/8 inch) thick. Carefully fit dough into pie plate without stretching. Trim excess dough, leaving a 1.5 cm (1/2

inch) overhang. If making a one-crust pie, roll under edge and flute. Prick bottom and sides of crust.

Bake for 8 to 10 minutes or until golden brown. For a two-crust pie, roll out top crust and cut steam vents. Place filling in pie shell; moisten edge of bottom crust with water. Place top crust over filling and press gently around edge to seal. Fold top crust under bottom crust and flute. Bake as the recipe for the filling directs. Makes enough pastry for one double crust pie or two single crust pies.

Our American Heritage, Salads, Salads Dressings

AVOCADO SALAD

1 Large Pink Grapefruit (or 1 cup canned grapefruit sections)

2 Large Naval Oranges

1 Cup Green Grapes

1/2 Cup Pomegranate Seeds (optional)

3 Cups Mixed Salad Greens

2 Avocados

1/3 Cup Walnuts, chopped

1 Cup French Dressing

Dressing:

1/2 Cup Salad Oil (1/2 to 3/4)

1/4 Cup Lemon Juice or Vinegar

1 Teaspoon Paprika

1/2 Teaspoon Salt

1/2 Teaspoon Dry Mustard

Section grapefruit and oranges; set aside. Wash grapes and drain well. Remove seeds from pomegranate; set aside. In large salad bowl or on individual salad plates, arrange salad greens. Top with orange and grapefruit sections. Peel and slice avocado. Arrange avocado slices over citrus fruits. Sprinkle with grapes,

pomegranates and walnuts.

Serve with French dressing. To prepare dressing, combine all ingredients in a glass jar or small mixing bowl. Shake dressing well before using. Serves 6 to 8.

Foods of the World, Sides, Snacks, the Mediterranean Countries

AVOCADO, CARROT AND ORANGE SALAD

Servings: 8

2 Cups Fresh Orange Juice
1/4 Teaspoon Powdered Ginger
1 Teaspoon Salt
4 Cups Coarsely Grated Carrots
2 Naval Oranges
2 Large , Ripe Avocados
1/4 Cup Lemon Juice
orange slices

In small bowl, mix together orange juice, powdered ginger and salt. Pour over carrots and marinate for at least an hour. When ready to serve, peel and section oranges. Cut avocado in half. Remove pits and skin. Slice each half lengthwise into 2 pieces and brush with lemon juice. Line 8 small salad plates with salad greens. Place two pieces of avocado side by side on each plate with the narrow ends touching. Fill cavity with grated carrots. Garnish with orange slices. Serve at once. Serves 8.

B

Asia, Foods of the World, Lamb

BADAMI GOSHT KORMA (lamb and almond curry)

2 Medium Onions
3 Garlic Cloves
2/3 Cup Almonds
1/2 Teaspoon Ground Ginger
1/2 Teaspoon Cayenne Pepper

1 Tablespoon Whole Coriander Seeds
1 1/2 Teaspoons Salt
2 1/2 Pounds Boned Leg of Lamb, cut into 1 inch cubes
1/2 Cup Ghee or Butter
1 Cup Yogurt
1 Cup Light Cream
1/2 Teaspoon Powdered Saffron
1 Tablespoon Chopped Coriander Leaves

Chop one of the onions. Place chopped onions in blender container with garlic, half of the almonds, ground ginger, cayenne pepper, coriander seeds and salt. Blend on high speed, gradually adding one or two teaspoonfuls of cold water, until pureed. Place meat cubes in large bowl and rub with puree. Cover and let stand at least 30 minutes. In large skillet, heat ghee (or melted butter). Add meat cubes; stir constantly until browned. Add 3 tablespoons of the yogurt and continue cooking meat over moderate heat until yogurt is absorbed. Add the rest of the yogurt, 1 tablespoon at a time, stirring constantly. Cover skillet and cook mixture over low heat for 30 minutes. (You may need to add a tablespoon or so of water if meat becomes dry.) Grind remaining almonds in blender and mix with cream and saffron. Add to meat, stirring to blend. Cover and cook over low heat 15 to 20 minutes or until thickened and hot. Curry may be served immediately or kept warm in a covered casserole in a 200 °F oven. Garnish with coriander leaves. Serves 6.

Fruit

BAKED APPLES

2 Medium Apples

4 Tablespoons Sugar
1 Teaspoon Cinnamon
2 Teaspoons Butter or Margarine
1/4 Cup Water

Wash and core apples. Remove a strip of peel from the center of each apple. Place apples in a small glass baking dish. Combine sugar, cinnamon and butter or margarine. Stuff centers with this mixture. Pour water around apples and bake covered at 180 °C (350 °F) until tender, about 30 to 45 minutes. Baste apples frequently during baking. Serve baked apples plain or with heavy cream. Serves 2

BAKED CUSTARD

Servings: 6

2 Cups Milk
3 Large Eggs
1/3 Cup Sugar
1/2 Teaspoon Vanilla
Nutmeg

Scald milk. Beat eggs until blended; add sugar, salt and vanilla. Slowly add milk to egg mixture, stirring constantly. Pour custard into baking dish or custard cups; sprinkle with nutmeg. Place the baking dish or custard cups in a shallow pan; fill the pan with warm water to about 2.5 cm (1 inch) from the top of the cups. Bake at 180 °C (350 °F) until a knife inserted in the center comes out clean, about 40 to 50 minutes. Serves 6.

Our American Heritage, Sides, Vegetables

BAKED POTATOES

Servings: 6

6 Medium Baking Potatoes

Butter or Margarine

Salt

Pepper

Preheat oven to 350 °F. Scrub potatoes under cold, running water. Pierce skins in several places with the tines of a fork. Place potatoes in oven and bake until fork pierces potato easily, about 45 minutes to 1 hour. Remove from oven. Using pot holders, roll potatoes gently between hands for a minute or two.

Make a slit in the top of each potato and push gently. Top with butter or margarine and salt and pepper. If desired, serve potatoes with crisp bacon bits, shredded cheese, sour cream and chives or whipped cream cheese.

Bake Goods, Our American Heritage

BAKING POWDER BISCUITS

2 Cups Unsifted All-purpose Flour

1 Tablespoon Baking Powder

1/2 Teaspoon Salt

1/3 Cup Shortening

2/3 Cup Milk (2/3 to 3/4)

Preheat oven to 425 °F. In large mixing bowl, combine flour, baking powder and salt. Using a pastry blender, two knives or fingers, cut in shortening until mixture resembles small peas. Add milk, stirring gently with fork until soft dough forms. Turn dough out onto lightly floured board. Knead 8 to 10 times.

Roll to 1/2 inch thickness. Cut into rounds with 2 inch biscuit cutter. Place close together on an

ungreased baking sheet. Bake 10 to 12 minutes or until golden brown. Serve hot. Makes about 15 biscuits.

Dessert, Foods of the World, the Mediterranean Countries

BAKLAVA (layered pastry with walnuts and honey syrup)

4 Cups Walnuts
5 Tablespoons Sugar
1 Teaspoon Cinnamon
1 Dash Ground Cloves
1 Pound Phyllo (30 Sheets Greek Pastry Dough)
1 1/2 Cups Melted Butter or Margarine
2 Cups Sugar
1 Cup Water
1 Tablespoon Lemon Juice
1/2 Cup Honey
4 Thin Slices Lemon
3 Inch Cinnamon Stick, broken
2 Teaspoons Vanilla

Butter a 13x9x2 inch pan. Finely chop walnuts. In mixing bowl, combine walnuts, sugar, cinnamon and cloves; set aside. Place 2 sheets of phyllo pastry in pan, folding edges to fit pan. Brush evenly with melted butter or margarine. Continue layering phyllo until 10 sheets of phyllo have been used. Sprinkle 1 cup nut mixture over the buttered top sheet. Repeat; layering three times using 5 sheets to form pastry layers and ending with 5 sheets on top. Preheat oven to 350 °F. With a very sharp knife, cut the baklava into diamond shaped pieces. Heat remaining butter until very hot and pour over top. Bake baklava for 30 minutes. Reduce heat to 300 °F and continue to bake for 45 minutes more. While baklava is baking, prepare

syrup. In medium saucepan, combine sugar, water, lemon juice, honey, lemon slices and cinnamon. Bring to a boil, stirring until sugar is dissolved. Simmer syrup uncovered 10 minutes. Remove lemon slices and cinnamon stick. Add vanilla and pour syrup over hot pastry. Cool. Makes about 3 dozen.

Yield: 3 dozen

Beef, Grill Broil, Our American Heritage

BARBECUED BEEF SHORT RIBS

4 1/2 Pounds Beef Short Ribs, cut into
1 Serving - Sized Pieces
1 1/2 Cups Tomato Sauce
1 Teaspoon Beef Bouillon Granules
1/3 Cup Red Wine Vinegar
1/4 Cup Brown Sugar, firmly packed
2 Tablespoons Worcestershire Sauce
1 1/2 Teaspoons Garlic Salt
1 1/2 Teaspoons Prepared Mustard
2 Lemons, sliced thinly
1 Medium Onion, sliced thinly

Preheat oven to 350 °F. Place short ribs in a deep roasting pan. In small bowl, combine tomato sauce, bouillon granules, red wine vinegar, brown sugar, Worcestershire sauce, garlic salt and prepared mustard.

Pour sauce over ribs; place lemon and onion slices over sauce. Bake ribs, covered, until tender, 1 1/2 to 2 hours. Serve ribs with sauce. Serves 6.

Deep-fry, Fish and Seafood

BATTER-DIPPED SHRIMP

1 Pound Uncooked Shrimp
1 Whole Egg
1/2 Cup Milk
1/2 Cup Unsifted Flour

1/2 Teaspoon Salt
1 Dash Pepper
oil for frying

Rinse and drain shrimp thoroughly. Pour oil into an electric skillet or large saucepan to a depth of 2.5 to 4 cm (1 to 1 1/2 inches); heat to 190 °C (375 °F). Mix egg and milk together in large bowl; add flour, salt and pepper. Beat batter until smooth. Dip shrimp one at a time; drain excess batter. Fry shrimp until golden brown, about 3 to 4 minutes; drain. Serve with tartar sauce or hot sauce. Serves 4.

Bake Goods

BISCUITS

2 Cups All-purpose Flour
1 Tablespoon Baking Powder
1/2 Teaspoon Salt
1/3 Cup Shortening
2/3 Cup Milk (2/3 to 3/4)

Preheat oven to 220 °C (425 F). Sift flour, baking powder and salt into mixing bowl. Cut in shortening with pastry blender, two knives or fingers until particles are the size of coarse cornmeal. Add milk; stir with a fork until dough forms a soft ball.

Turn dough out onto a lightly floured pastry cloth or board. Knead gently eight to 10 times. With palm of hand or rolling pin, flatten dough into a circle about 1.5 to 2 cm

(1/2 to 3/4 inch) thick.

With round biscuit cutter, cut out biscuits. Place biscuits on an ungreased baking sheet, about 2.5 to 5 cm (1 to 2 inches) apart for crusty biscuits. (For softer biscuits place them closer together.) Bake until golden, about 12 to 15 minutes. Serve immediately. Makes 12 large or 24 small biscuits.

Cakes, Cookies, Pies Candies, Our American Heritage

BLACKBERRY BUCKLE

1/4 Cup Butter or Margarine
1/2 Cup Sugar
1 Egg, well beaten
1 Cup All-purpose Flour
1 1/2 Teaspoons Baking Powder
1/8 Teaspoon Salt
1/3 Cup Milk
1 Teaspoon Vanilla
2 Cups Blackberries
Topping:
1/2 Cup Sugar
1/4 Cup Butter or Margarine
1/3 Cup All-purpose Flour
1/2 Teaspoon Cinnamon

Preheat oven to 375 °F. In medium mixing bowl, cream butter or margarine and sugar until light and fluffy. Add egg and beat well. Sift dry ingredients together; add vanilla to milk. Add liquid and dry ingredients alternately to creamed mixture, beginning and ending with dry ingredients. Pour batter into a greased and floured 9 by 9 inch pan. Cover with blackberries.

In small bowl, combine sugar, butter or

margarine, flour and cinnamon. Sprinkle topping over blackberries. Bake buckle for 40 minutes or until cake tests done. Serve warm with whipped cream or ice cream. Serves 6.

Bake Goods, Our American Heritage

BLUEBERRY MUFFINS

2 Cups All-purpose Flour
1 Tablespoon Baking Powder
1/4 Cup Sugar
1/2 Teaspoon Salt
1/4 Cup Shortening
1 Egg, well beaten
1 Cup Milk
1 Cup Blueberries

Preheat oven to 400 °F. Sift dry ingredients together in mixing bowl. Melt shortening; cool. Combine egg and milk. Add cooled shortening to egg and milk.

Add liquid ingredients to dry ingredients all at once. Stir only until blended. (Batter will be lumpy.) Gently fold in blueberries. Fill greased muffin pans 2/3 full of batter. Bake muffins 20 to 25 minutes or until brown.

Yield: 12 muffins

Main Dish, Our American Heritage

BOILED DINNER

Servings: 6

4 Pounds Corned Beef
6 Medium-sized Beets*
2 Pounds Green Cabbage, cored and quartered
6 Medium-sized Red Potatoes, scrubbed, peeled and cut in half
6 Small Carrots, scraped
12 Small White Onions, peeled and trimmed
parsley, chopped

Place corned beef in a large kettle of cold water (water should rise at least 2 inches above meat). Bring to a boil

and skim off any scum which rises to surface. Cover kettle and reduce heat to slow simmer; cook corned beef 4 to 6 hours or until tender. (Check water level during cooking.)

Scrub beets, cut off tops leaving 1 inch and cover with water. Simmer until tender. Cool slightly and slip off skins. Cook cabbage, potatoes and onions in salted, simmering water until tender. To serve the dinner, slice the meat and arrange on serving platter. Surround meat with vegetables and top with chopped parsley. Serve with horseradish sauce or mustard.

* One medium can whole beets can be substituted for fresh.

Note: Vegetables (with the exception of the beets) can be added to the corned beef about 30 to 40 minutes before serving as is done in New England.

But some people object to the salty flavor the corned beef gives to the vegetables.

Asia, Foods of the World, Soup, Chowder, Stew

BORSCHT (beet soup)

Servings: 6

2 Pound Brisket of Beef
8 Medium Beets, coarsely grated
4 Medium Onions, sliced
2 Medium Tomatoes, coarsely chopped
2 Tablespoons Sugar
2 Tablespoons Lemon Juice
1 Tablespoon Salt
1/8 Teaspoon Pepper
1/2 Pound White Cabbage Shredded
sour cream

Fill a large Dutch oven with water. Add beef, beets, onions and tomatoes; simmer until meat is tender,

about 1 1/2 hours. Remove meat. Add sugar, lemon juice, salt, and pepper to stock. Stir until sugar has dissolved. Add cabbage and simmer an additional 25 minutes. Skim fat. Meanwhile, shred meat. Add meat to soup. Pour into large tureen and serve immediately with dollops of sour cream. (Soup also may be served cold, if desired.) Serves 6.

Main Dish, Our American Heritage

BOSTON BAKED BEANS

Servings: 8

2 Cups Great Northern or Navy Beans

8 Cups Water

1 /2 Cup Molasses

1/2 Cup Brown Sugar

1/3 Cup Onions, coarsely chopped

2 Teaspoons Dry Mustard

1 /2 Teaspoon Pepper

1/2 Pound Salt Pork, scored

Place beans in large saucepan and cover with cold water (water should be at least 2 inches higher than the beans). Bring beans to a boil and let boil 2 minutes; remove pan from heat and let beans soak about 1 hour.

Return pan to heat, bring water to a boil and slowly simmer beans until almost tender; drain and reserve liquid. Preheat oven to 300 F. Place beans in 2 quart bean pot or heavy casserole. Add enough water to bean liquid to make 2 cups. Combine bean liquid, molasses, brown sugar, onions, dry mustard and pepper; pour over beans. Push piece of salt pork down into center of beans. Cover pot

tightly; bake beans 5 1/2 to 6 1/2 hours, stirring occasionally and adding water if needed. Remove cover and bake beans an additional 30 minutes without stirring. Serves 6 to 8.

Main Dish, Pork

BRAISED BREADED PORK CHOPS

Servings: 2

2 Pork Chops*

1 Egg, beaten

1 Tablespoon Milk

2 Tablespoons Flour

1/4 Teaspoon Salt

1/4 Cup Fine Cracker Crumbs

1 Tablespoon Shortening

1/2 Cup Water or Tomato Juice

Combine egg and milk in a shallow dish. In a separate dish mix flour and salt. Place cracker crumbs on a sheet of waxed paper

Dip chops in seasoned flour. Dip floured chops in egg mixture and then in cracker crumbs. Melt shortening in a heavy skillet.

Brown meat on both sides. (Be careful not to loosen the breading when turning the chops.)

Add liquid. Cover skillet and cook chops over low heat until tender, about 30 to 35 minutes. (Check halfway through cooking to see if additional liquid is needed.)

*Notes: *Veal chops may be substituted for the pork chops.*

Sides, Vegetables

BROCCOLI WITH CHEESE SAUCE

Servings: 3

1/2 Pound Fresh Broccoli
3/4 Cup Medium White Sauce
1/4 Cup Grated Cheddar Cheese
3 Tablespoons Buttered Crumbs
1 Dash Paprika

Clean broccoli and separate into serving sized pieces. Bring a large amount of lightly salted water to a boil. Add broccoli and simmer uncovered until tender.

While broccoli cooks, prepare a medium white sauce. Let sauce cool slightly and add the cheese, stirring gently until cheese is melted.

Drain broccoli. Pour cheese sauce over broccoli. Sprinkle with paprika and serve immediately. Serves 3.

*Notes: mild cheese sauce
compliments the flavor of
fresh broccoli.*

Fruit

BROILED GRAPEFRUIT HALVES

1 Large Grapefruit
1 Tablespoon Brown Sugar
2 Teaspoons Orange Juice
1 Maraschino Cherry

Cut grapefruit in half; remove core. Sprinkle brown sugar over the two halves; drizzle with orange juice. Place grapefruit halves on a piece of aluminum foil on a baking pan.

Broil about 7.5 cm (3 inches) from the heat until brown sugar is

melted and fruit is heated through. Place a cherry half in the center of each grapefruit half and serve.

Serves 2.

Notes: Broiled grapefruit halves can be served as an appetizer, fruit or dessert course.

Beef, Main Dish, Our American Heritage

BROILED STEAK

Servings: 6

2 Sirloin Steaks, each about 1 1/2 inches thick and weighing 2 1/2 pounds*

Salt, to taste

Pepper, to taste

Garlic Powder, to taste

Preheat broiler. Wipe steaks with damp paper towels; place on broiler pan. Slash fat edges of steaks with a sharp knife. Broil steaks 2 to 3 inches from the heat until brown. Season and turn; finish broiling.

Total broiling time will vary according to desired degree of doneness. Estimated broiling time for rare is 20 to 25 minutes; for medium, 25 to 30 minutes.

Notes: Serves 6.

**Hamburgers may be substituted for steaks, if desired.*

Sides, Vegetables

BROILED TOMATOES

2 Medium Tomatoes

1 Teaspoon Salt

1/4 Teaspoon Pepper

1 Tablespoon Butter or Margarine

1 Tablespoon Grated Parmesan Cheese

Preheat broiler. Carefully wash tomatoes. Core and cut in half

crosswise. Sprinkle cut surfaces with salt and pepper, dot with butter or margarine, and sprinkle with Parmesan cheese. Broil, cut side up, about 7.5 cm (3 inches) from the heat until hot, about 5 minutes. Serves 2.

*Notes: Broiled tomato halves
make an attractive garnish
around roasts and steaks.*

Bake Goods, Our American Heritage

BROWN BREAD

1 Cup Whole Wheat Flour
1 Cup Rye Flour
1 Cup Cornmeal
1 1/2 Teaspoons Baking Soda
1 Teaspoon Salt
3/4 Cup Raisins
2 Cups Buttermilk
3/4 Cup Dark Molasses
2 Tablespoons Melted Shortening

Preheat oven to 350 °F. Grease three 1 pound coffee cans. In large mixing bowl, combine flours, cornmeal, soda, salt and raisins; mix well. Combine buttermilk, molasses and melted shortening; add to dry ingredients mixing well.

Pour batter into greased cans filling 2/3 full; cover with foil. Place cans on rack in shallow pan; add boiling water to depth of 2 1/2 inches. Steam breads 3 hours until toothpick inserted in center comes out clean. Cool 15 minutes and remove from cans. Serve warm. Makes 3 small loaves.

Europe, Foods of the World

BRUNEDE KARTOFLER (caramelized potatoes)

2 Pounds Small Red Potatoes
1/2 Cup Sugar
1/2 Cup Melted Butter or Margarine

Scrub potatoes carefully. Do not remove skins. In a heavy 2 to 3 quart saucepan, bring water to a boil. Add potatoes and simmer 15 to 20 minutes or until potatoes are tender. Cool potatoes slightly; slip off skins. In a large heavy skillet, melt sugar. Use a low heat and stir sugar constantly until it turns into light brown syrup. (Heat must be low or sugar will scorch.) Add melted butter or margarine. Add potatoes, a few at a time, shaking pan to coat all sides with syrup. Serve immediately. Serves 6 to 8.

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Beef, Latin America, Soup, Chowder, Stew

CARBONADA CRIOLLA (beef stew Argentina)

Servings: 6

10 Pound Pumpkin (10 to 12) (or other large winter squash)*
1/3 Cup Softened Butter or Margarine
1/2 Cup Granulated Sugar
1/4 Cup Light Brown Sugar
2 Tablespoons Vegetable Oil
2 1/2 Pounds Beef Chuck, cut into cut into
1 inch cubes
1 Inch Cubes
3/4 Cup Coarsely Chopped Onions
1/2 Cup Coarsely Chopped Green Pepper
1/2 Teaspoon Finely Chopped Garlic
4 1/2 Caps Beef Stock
3 Medium Tomatoes, seeded and chopped
1/2 Teaspoon Oregano
1 Bay Leaf
1 1/4 Teaspoons Salt
1/2 Teaspoon Pepper
4 1/2 Cups Sweet Potatoes, cut into 1 inch cubes

4 1/2 Cups White Potatoes, cut into 1/2 inch cubes (about 1 1/2 pounds)
3/4 Pound Zucchini, scrubbed but not pared
4 Small Ears Sweet Corn, shucked and cut into rounds, 1 inch wide
6 Canned Peach Halves, rinsed in cold water

Preheat oven to 375 °F. With sharp knife, remove top of pumpkin, set aside. With large spoon, remove seeds and fiber from inside of lid and pumpkin, discard.

Rub insides with softened butter or margarine; sprinkle with sugars. Cover pumpkin shell with lid and place on baking sheet. Bake for 45 minutes or until a sharp knife easily pierces the skin.

Meanwhile, heat oil in a large Dutch oven. Add meat and brown. Transfer browned meat to a platter and cook onions, green peppers and garlic until lightly browned. Add beef stock and bring to a boil. Return meat to stock and add tomatoes and seasonings.

Cover Dutch oven and reduce heat to low. Simmer stew for 1 5 minutes.

Remove cover and add sweet potatoes, and white potatoes. Simmer for 15 minutes more. Remove cover and add zucchini. Cover and cook 10 minutes more. Remove cover and add corn and peach halves, cover and cook 5 minutes more.

Pour stew into pumpkin shell and place in 375 °F oven for 15 minutes. Place filled pumpkin on a serving platter and serve immediately.

Notes: Serves 6.

**Pumpkin or squash shell is optional.*

Deep-fry, Foods of the World, the Mediterranean Countries

CENCI (deep-fried sweet pastry)

2 Cups All-purpose Flour
2 Whole Eggs
2 Egg Yolks
1 Teaspoon Rum Extract
1/4 Teaspoon Salt
confectioner's sugar
vegetable shortening for frying

Place flour in a large mixing bowl. Make a well in the center and add the eggs, egg yolks, rum extract and 1 tablespoon sugar. Using a fork or fingers, mix until soft dough forms. Turn dough out onto a lightly floured board or pastry cloth. Knead until dough is smooth, adding more flour if needed. Refrigerate for one hour. Heat 4 inches of shortening to 350 °F. Roll the dough until paper thin. Cut into strips six inches long and 1/2 inch wide. Tie the strips into loose knots and fry until golden brown. Drain on absorbent paper and sprinkle with confectioner's sugar. Serve immediately. Makes about 4 dozen pastries.

Asia, Deep-fry, Foods of the World

CH' UN-CHUAN (egg rolls)

Servings: 8

***Wrappers:**

2 Cups All-purpose Flour
1/2 Teaspoon Salt
1 /4 Cup Cold Water
1 Egg, lightly beaten

Filling:

1/2 Pound Ground Pork
1 /2 Teaspoons Cornstarch, ¥
1/4 Teaspoon Salt
1 Dash Pepper
1 Tablespoon Light Brown Sugar
1 Tablespoon Soy Sauce
3 Tablespoons Vegetable Oil

3 Cups Finely Chopped Celery
3 Cups Raw Bean Sprouts, washed and drained
1/4 Cup Sliced Mushrooms
1 Tablespoon Soy Sauce
1 Tablespoon Cornstarch
2 Tablespoons Cold Water

To prepare wrappers, sift flour and salt into medium mixing bowl. Using fingers, gradually combine water and beaten egg with flour to form a stiff dough.

Knead dough in bowl until smooth, about 5 minutes. Cover with damp towel and let rest 10 minutes. Turn out onto lightly floured board and roll to thickness of 1/16 inch

Using a pastry wheel, cut dough into 7 inch squares. Cover with a slightly damp cloth and set aside while making the filling.

Filling:

In medium mixing bowl, combine pork, cornstarch, salt, pepper, brown sugar and soy sauce.

Let stand while heating oil. Heat 1 tablespoon oil in wok or large skillet over high heat for 30 seconds.

Swirl over bottom and sides of wok and heat another 30 seconds. (If oil begins to smoke, reduce heat to moderate.)

Add pork and fry 2 minutes stirring constantly. (Meat should lose its reddish color.) Put meat in bowl and set aside. Add the two remaining tablespoons of oil to the wok. Add celery and bean sprouts. Stir-fry 3 minutes

and add mushrooms.

Stir-fry another 2 minutes and add pork. Stir until all ingredients are combined. Continue cooking over moderate heat until liquid comes to a boil.

Remove meat and vegetables. Remove all but 3 tablespoons of the cooking liquid from the wok.

Mix cornstarch with cold water. Add to cooking liquid and stir until slightly thickened. Return meat and vegetables to wok to glaze with sauce and then transfer entire contents of wok to mixing bowl.

Cool to room temperature. To shape egg rolls: Using fingers, shape about 1/4 cup of filling into a cylinder about 4 inches long.

Place in center of wrapper on the diagonal. To fold, fold corner of wrapper closest to you to the center. Fold the end two edges towards the center.

Then, fold the remaining edge to the center and seal well. Place filled egg rolls on a baking sheet and cover with a slightly damp towel.

Place 3 cups of oil in wok or deep saucepan. Heat until oil reaches 375 °F. Fry egg rolls, 5 at a time, until crisp and golden brown, about 3 or 4 minutes. Transfer to a paper towel to drain while you finish frying. Serve immediately or keep warm for a short time in a 225 °F oven.

Makes 16 to 18 egg rolls.

* A 1 pound package of commercial egg roll wrappers can be substituted.

Yield: 18 egg rolls

Bake Goods, Foods of the World, the Mediterranean Countries

CHALLAH

4 1/2 Cups Unsifted All-purpose Flour (4 1/2 to 5 1/2)

2 Tablespoons Sugar

1 1/2 Teaspoons Salt

1 Package Active Dry Yeast

1/3 Cup Softened Butter or Margarine

1 Pinch Powdered Saffron (optional)

1 Cup Very Warm Water (1 20 to 1 30 "f)

4 Eggs (at Room Temperature)

1 Teaspoon Cold Water

1 Teaspoon Poppy Seeds

In large mixing bowl, combine 1 1/4 cups flour, sugar, salt and dry yeast. Work in softened butter or margarine with pastry blender or two knives. Dissolve saffron in the very warm water and gradually add to dry ingredients beating on medium speed of electric mixer for 2 minutes. Add 3 eggs, 1 egg white (reserve yolk) and 1/2 cup flour. Beat batter on high speed another 2 minutes, scraping bowl occasionally. Stir in enough additional flour to form a stiff dough. Turn dough out onto a lightly floured board or pastry cloth. Knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning once to grease top. Cover with a clean towel and let rise in a warm place until doubled in bulk, about 1 hour. Punch down. Divide dough in half; divide each half into

thirds. Form each third into a long round strip. Place strips (3 at a time) side by side on a lightly greased baking sheet. Beginning at the center, braid outward to edges. Seal edges well. Braid the second loaf. Beat together reserved egg yolk with 1 teaspoon cold water. Brush loaves with egg wash and sprinkle with poppy seeds. Let rise in a warm place until doubled in bulk, about 1 hour. Bake at 400 °F for 20 to 25 minutes or until loaves sound hollow when tapped with knuckles. Remove loaves from baking sheets and place on cooling racks. Makes 2 loaves.

Yield: 2 loaves

Asia, Foods of the World, Sides

CHAO-HSUEH-TOU (stir-fried snow peas, mushrooms and bamboo shoots)

2/3 Cup Dried Chinese Mushrooms
1 1/2 Pounds Fresh Snow Peas (or thoroughly defrosted frozen snow peas)
1 Cup Canned Bamboo Shoots, rinsed and sliced thinly
3 Tablespoons Vegetable Oil
1 /2 Tablespoons Soy Sauce, ¥
1 Teaspoon Salt
2 Teaspoons Sugar

In small bowl, combine mushrooms with 1/2 cup boiling water. Let soak 15 minutes. Drain, squeezing excess water from mushrooms with fingers. (Reserve soaking liquid.)

Cut off stems and cut mushrooms into quarters. Remove tips from fresh snow peas and strings from pods. In wok or heavy skillet, heat the oil over high heat. Add mushrooms and bamboo shoots and stir-fry for 2 minutes.

Add snow peas, salt, sugar, 2 tablespoons of the reserved soaking liquid and soy sauce. Cook over high heat, stirring constantly, until water evaporates, about 2 to 3 minutes.

Transfer contents of wok to a serving dish and serve immediately.

Serves 6.

Asia, Bake Goods, Foods of the World

CHAPATIS (unleavened bread)

Servings: 8

2 Cups Whole Wheat Flour

1/2 Teaspoon Salt

4 Tablespoons Butter, or margarine

3/4 Cup Water

1 Tablespoon Ghee

Mix flour and salt together in mixing bowl. With pastry blender, two knives or fingers, cut butter or margarine into dry ingredients until particles are the size of small peas. Add 1/4 cup water all at once.

Mix with fingers, gradually adding enough additional water to form a soft dough. Turn dough out onto a lightly floured board or pastry cloth. Knead dough until smooth and elastic, about 10 minutes.

Place in bowl, cover and let stand at room temperature 30 minutes.

Turn out onto floured surface. Divide into 8 pieces. Shape each into a thin circle about 5 inches in diameter. Meanwhile heat heavy skillet over moderate heat. Put chappatis, one at a time, in skillet.

When small blisters appear on surface, flatten chappati with hand. Turn and cook other side until golden.

Remove from skillet. Brush with ghee and keep warm in 200 °F oven until all chappatis are cooked.

Serve warm. Makes 8.

Asia, Foods of the World

CHATNI (mixed fruit chutney)

Servings: 8

1/2 Pound Cooking Plums
1/2 Pound Cooking Apples
1/2 Pound Pears or Apricots
1 Clove Garlic
1/4 Ounce Fresh Ginger Root
2 Teaspoons Garam Masala
1 Teaspoon Caraway Seeds
2 Teaspoons Salt
2 Tablespoons Raisins
1 1/2 Teaspoons Chili Powder
1/2 Cup Brown Sugar
1 Cup Vinegar

Peel, core and pit fruit; cut into small pieces. Mince garlic and ginger. Put fruit, garlic and ginger into large saucepan. Add all ingredients except sugar and vinegar. Bring mixture to a boil and simmer over moderate heat for 35 minutes, stirring frequently.

Remove from heat and cool. Serve cold as an accompaniment. Serves 6 to 8.

CHEESE SOUFFLE

Servings: 4

3 Tablespoons Butter
3 Tablespoons Unsifted Flour
1/2 Teaspoon Salt
1 Cup Milk

1 Cup Shredded Cheddar Cheese
4 Eggs, separated

Preheat oven to 190°C (375 °F).

In heavy saucepan, melt butter; add flour and stir to make a smooth paste. Slowly add cold milk, stirring constantly until smooth paste.

Slowly add cold milk, stirring constantly until smooth. Cook mixture over medium heat until sauce is thick and smooth, stirring constantly. Add cheese, stirring until cheese melts. Add a small amount of the sauce to egg yolks, stirring until blended.

Add egg yolk mixture to sauce. Beat egg whites until soft peaks form. Fold

egg whites into cheese mixture and pour into an ungreased 1.5 L (1 1/2 quart) casserole or souffle dish. Place casserole in a shallow pan containing 2.5 cm (1 inch) of hot water.

Bake souffle' 40 to 50 minutes or until a knife inserted near the center comes out clean.

Serve immediately. Serves 4 to 5.

Asia, Bake Goods, Foods of the World

CHERNYI KHLIB (black bread)

4 Cups Unsifted Rye Flour
3 Cups Unsifted All-purpose Flour
1 Teaspoon Sugar
2 Teaspoons Salt
2 Cups Whole Bran Cereal
1 1/2 Tablespoons Caraway Seeds, crushed
2 Teaspoons Instant Coffee

1 Teaspoon Onion Powder
1/2 Teaspoon Fennel Seed, crushed
2 Packages Active Dry Yeast
2 1/2 Cups Water
1/4 Cup Vinegar
1/4 Cup Dark Molasses
1 Square Unsweetened Chocolate, 1 ounce
1/4 Cup Butter or Margarine
1 Egg White
1 Teaspoon Cold Water

On a large sheet of waxed paper, combine rye flour and all-purpose flour. In large mixer bowl, combine 2 1/3 cups flour mixture, sugar, salt, bran cereal, caraway seeds, coffee, onion powder, fennel seed and dry yeast. In medium saucepan, combine 2 1/2 cups water, vinegar, molasses, chocolate and butter or margarine. Heat over low heat until very warm (120 to 130 °F). (Butter or margarine and chocolate do not need to melt.) Gradually add warm liquids to dry ingredients and beat on medium speed of electric mixer 2 minutes, scraping bowl occasionally. Add 1/2 cup of flour mixture and beat on high speed 2 minutes. Add enough remaining flour to form a soft dough. Turn dough out onto a lightly floured board or pastry cloth. Cover with a clean towel and let rest 15 minutes. Knead dough until smooth and elastic, about 10 to 15 minutes. (Dough may still be a little sticky.) Place in greased bowl, turning to grease top. Cover with a clean towel and let rise in a warm place until doubled in bulk, about 1 hour. Punch down; turn out onto lightly floured board. Divide in half and shape each half into a ball about 5 inches in

diameter. Place each ball in a greased 8 inch round cake pan. Cover with a clean towel and let rise, in a warm place, until doubled in bulk, about 1 hour.

Bake at 350 F for 45 to 50 minutes or until loaves sound hollow when gently tapped with knuckles.

Remove to cooling rack and brush tops with egg white which has been mixed with 1 teaspoon water.

Makes 2 loaves.

Yield: 2 loaves

Cakes, Cookies, Pies Candies

CHOCOLATE CHIP COOKIES

1 Cup Butter or Margarine

1 3/4 Cup Granulated Sugar

3/4 Cup Firmly Packed Brown Sugar

2 Eggs

1 Teaspoon Vanilla

2 1/4 Cups Unsifted All-purpose Flour

1 Teaspoon Baking Soda

3/4 Teaspoon Salt

2 Cups Chocolate Chips

1 Cup Chopped Nuts

Preheat oven to 180 °C (350 °F). In medium mixing bowl, cream butter or margarine with sugars until light and fluffy. Add egg and vanilla; beat well.

Combine flour, baking soda

and salt in mixing bowl. Add to creamed mixture to form a soft but not sticky dough;

add chocolate chips and chopped nuts. Drop cookies by rounded spoonfuls about 5 cm (2

inches) apart on ungreased cookie sheets. Bake 10 to 12 minutes or until lightly browned.

Remove cookies from cookie sheets; transfer to cooling racks.

Makes 6 to 8 dozen 5 cm
(2 inch) cookies.

Yield: 8 dozens

Deep-fry, Foods of the World, the Mediterranean Countries

CHURROS (fried crullers)

3 Cups Water
1 1/2 Teaspoons Salt
3 Cups All-purpose Flour
vegetable oil for frying
confectioner's sugar

In large, heavy saucepan, bring water and salt to a boil. Immediately remove pan from heat and add flour all at once. Stir vigorously with a wooden spoon until dough forms a stiff paste. Let dough cool to room temperature. Heat 2 to 3 inches of oil in deep-fat fryer, electric skillet or heavy skillet until it reaches a temperature of 400 °F. Place several tablespoons of dough into a cookie press fitted with a star disc or a pastry bag fitted with a star tip. Press ribbons of dough out into hot fat. Fry crullers until golden brown, turning occasionally, about 5 to 8 minutes. With tongs, transfer to a plate lined with paper towels. Serve crullers warm with a sprinkling of confectioner's sugar. Makes 18 to 30 churros.

Yield: 30 churros

Drinks Beveages, Parties and Picnics

COCOA

2 Tablespoons Cocoa
2 Tablespoons Sugar
1 Dash Salt
1/2 Cup Water
1 1/2 Cups Milk, scalded

In a heavy saucepan, combine cocoa, sugar and salt. Add water and stir to form a smooth paste; simmer gently for two minutes. Add scalded milk and heat to serving temperature. (A double boiler may be used.) Just before serving, beat with a rotary beater until the surface is frothy. Serves 2.

Bake Goods, Our American Heritage

COCONUT LOAF

1 1/2 Cups All-purpose Flour
2 Teaspoons Baking Powder
1/2 Teaspoon Salt
1/3 Cup Butter or Margarine
1 Cup Sugar
2 Eggs
1/2 Cup Milk
1 Tablespoon Orange Juice
grated rind of one orange
1/2 Cup Flaked Coconut

Preheat oven to 350 °F. Sift together flour, baking powder and salt onto a sheet of waxed paper; set aside. In medium mixing bowl, cream butter; add sugar gradually, beating well after each addition.

Add eggs one at a time; continue beating until mixture is light and fluffy. Add orange juice to milk. Add liquid ingredients to creamed mixture alternately with dry ingredients, beginning and ending with dry ingredients.

Fold in grated rind and coconut. Pour batter into greased and floured loaf pan. Bake until bread tests done and is golden brown, about 1 hour.

Remove from pan to cooling rack. Makes 1 loaf.

Our American Heritage, Salads, Sides

COLESLAW

1 Large White Cabbage, shredded
2 Large Carrots, shredded
1 Medium Green Pepper, diced
1/2 Cup Light Cream
3/4 Cup Sour Cream
1 Teaspoon Prepared Mustard
3 Tablespoons Lemon Juice
1 Tablespoon Sugar
1 Teaspoon Celery Seed
salt and pepper

Combine vegetables in large mixing bowl. In small bowl, beat together the cream, sour cream, mustard, lemon juice, sugar, celery seed and salt and pepper. Pour over vegetables, tossing well. Refrigerate one hour before serving. Serves 6 to 8.

Fruits and Vegetables, Salads Dressings

COOKED SALAD DRESSING

2 Tablespoons Flour
1 Tablespoon Sugar
1 Teaspoon Salt
1 Teaspoon Dry Mustard
1 Cup Milk
1 Egg
2 Tablespoons Melted Butter Or
margarine
1/4 Cup Vinegar

Combine dry ingredients in a small saucepan. Cook over moderate heat until the mixture thickens. Add butter or margarine and vinegar. Cool. Store dressing in refrigerator. Makes 375 mL (1 1/2 cups) dressing.

Add milk and egg, stirring until smooth, ckens. Remove from heat and add butter in a covered jar in the refrigerator.

Yield: 1 1/2 cups

Our American Heritage, Sides, Vegetables

CORN ON THE COB

Servings: 6

6 Medium Ears Fresh Sweet Corn* (6 to 8)

Butter or Margarine

Salt

Remove husks and silk from corn; trim ends. Remove remaining silks under cool running water with vegetable brush. In large kettle, bring a large amount of salted water to a boil. Drop in ears of corn.

Return water to a boil; reduce heat and simmer corn until tender, about 3 to 5 minutes. Drain corn.

Serve immediately with butter or margarine and salt.

Notes: Frozen ears of corn may be substituted for fresh.

Follow package directions for cooking

Beef, Europe, Main Dish

CORNERD BEEF AND CABBAGE

3 Pounds Corned Beef (3 to 4)

cold water

1 Sprig Thyme

1 Onion Studded With 6 Cloves

pepper

1 Bay Leaf

1 Whole Carrot

2 Pounds Cabbage, cut into wedges

Place beef and all other ingredients except cabbage in a large pot. Cover with cold water. Slowly bring to a boil. Do not cover.

Simmer for 3 hours, skimming when necessary. Remove spices and add cabbage.

Simmer for another 10 to 15 minutes or until the cabbage is crisp-tender. Remove corned beef to heated serving platter and surround with cabbage wedges. Serves 6 to 8.

Foods of the World, Latin America, Sides, Vegetables

COUVE A MINEIRA (shredded kale greens)

4 Pounds Greens*
2/3 Cup Bacon Drippings
1 Teaspoon Salt
1 Dash Pepper

Under running water, carefully wash greens. With a sharp knife, remove any bruised spots and cut tender leaves from tough stems. Discard stems.

Shred kale into strips about 1/2 inch wide. In large kettle, bring 4 quarts of water to a boil. Add greens and cook uncovered 3 minutes. Drain greens in a colander removing as much water as possible.

In a large, heavy skillet, melt bacon drippings. When hot, add kale.

Cook, stirring frequently, until kale is tender, about 30 minutes. (Kale should still be slightly crisp.)

Add salt and pepper and serve immediately.

Notes: Serves 5 to 6.

**Collard greens may be substituted for kale*

Soup, Chowder, Stew

CREAM OF TOMATO SOUP

2 Cups Tomatoes

1 Tablespoon Chopped Onion
1 Teaspoon Sugar
2 Cups Thin White Sauce

Combine tomatoes, onion and sugar in a saucepan. Simmer 5 to 10 minutes. While tomatoes simmer, prepare a thin white sauce. Press tomatoes through a sieve or puree them in a blender. Add tomato mixture very slowly to the white sauce, stirring constantly. Serve immediately. Serves 4.

Bake Goods

CREAM PUFFS

1/2 Cup Water
1/4 Cup Butter or Margarine
1/4 Teaspoon Salt
1/2 Cup All-purpose Flour
2 Large Eggs

Preheat oven to 220 C (425 F). Measure water, butter and salt into a heavy saucepan; bring to a boil. Add flour all at once; stir mixture vigorously until dough leaves sides of pan. Remove dough from heat. Add eggs, one at a time, beating well after each addition.

Dough should be glossy and stiff enough to hold its shape. Drop dough into six mounds on ungreased baking sheet. Bake puffs until they have doubled in size and are golden brown, about 20 minutes. (Do not open oven door to look.) Reduce heat to 180°C (350 °F) and continue baking puffs until they are crisp and light brown, about 10 to 15

minutes. Turn off heat and remove puffs from oven; make small slits with a sharp knife in the sides of the cream puffs so steam will escape. Return puffs to oven for 10 minutes. Remove them from oven and allow them to cool in a place that is free from drafts. Makes 6 large cream puffs.

Sides, Vegetables

CREAMED NEW POTATOES AND PEAS

Servings: 4

1 Pound New Potatoes (small)
3/4 Cup Water
1/2 Pounds Fresh Peas, shelled*
2 Tablespoons Butter or Margarine
2 Tablespoons Flour
1/4 Teaspoon Salt
1 Dash Pepper
1/2 Cups Milk

In a large saucepan, cover unpeeled potatoes with lightly salted water. Simmer until tender, about 20 to 25 minutes.

While potatoes cook, bring 175 mL (3/4 cup) of lightly salted water to a boil in a small saucepan. Add peas and cook until just tender. Drain peas and set aside.

Drain potatoes and let cool slightly. Peel potatoes and set aside.

In a heavy saucepan, melt butter or margarine; blend in flour and seasonings. Slowly add milk, stirring constantly until smooth. Cook white sauce over medium

heat until bubbles form.

Add potatoes and peas and heat through. Serve immediately.

*Notes: *Frozen peas may be substituted. Follow package directions for cooking.*

D

Sides, Vegetables

DEVEILED CAULIFLOWER

Servings: 3

1/2 Head Fresh Cauliflower

2 Tablespoons Butter or Margarine, melted

1/2 Teaspoon Prepared Mustard

1/2 Teaspoon Worcestershire Sauce

1 Dash Red Pepper

Clean cauliflower under cool running water and separate into florets. Fill saucepan with a small amount of lightly salted water (about 125 mL [1/2 cup]). Bring to a boil.

Add cauliflower. Bring water back to a boil and simmer cauliflower covered until crisp-tender.

While cauliflower cooks, combine butter or margarine, mustard, Worcestershire sauce and red pepper in a small saucepan and heat. Drain cauliflower and top with sauce.

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Bake Goods, Beef, Dessert, Latin America, Main Dish

EMPANADAS (turnovers)

Pastry:

2 Cups All-purpose Flour

1/2 Teaspoon Salt

1 Teaspoon Baking Powder

1/2 Cup Shortening

1/3 Cup Ice Water

vegetable oil

Filling:

2 Tablespoons Vegetable Oil

1 Pound Lean Ground Beef
1 Onion, finely chopped
1/2 Clove Garlic, chopped
2 Medium Tomatoes
8 Large Green Olives, cut in half
1/2 Cup Raisins
Salt
Pepper

Pastry:

Sift flour, salt and baking powder into a large mixing bowl. With pastry blender, two knives or fingers, cut shortening into dry ingredients until particles are the size of coarse cornmeal. Add ice water, stirring gently with a fork until dough forms a ball.

On lightly floured board or pastry cloth, roll out dough. Using a 2 inch biscuit cutter, cut dough into circles. Place about 1 tablespoon of filling in the center of each circle. Seal edges well with a little cold water. In large saucepan, heat oil to 375 °F. Add empanadas, a few at a time, and fry until golden brown. (Empanadas can be baked instead. Bake in a 450 °F oven until lightly browned, about 10 to 15 minutes, if desired.)

Filling:

In large, heavy skillet, heat oil; brown ground beef. Add onions and garlic. When browned, add tomatoes, olives, raisins, and salt and pepper to taste. Simmer mixture uncovered, until cooked, about 20 minutes. Remove from heat and cool slightly. Use to fill empanadas. Makes about 24 empanadas.

Foods of the World, the Mediterranean Countries

EMPANADILLAS (turnovers)

Pastry:

3 Cups All-purpose Flour

1 Teaspoon Salt

1/2 Cup Vegetable Oil

1/2 Cup Cold Water

Filling:

3 Tablespoons Vegetable Oil

2 Small Onions, chopped

2 Small Tomatoes, peeled and chopped

1 Clove Garlic, minced

2 Hard-cooked Eggs

3/4 Cup Diced Chicken

Mix flour and salt together in a large mixing bowl. Add oil and water. With fingers, mix dough until it forms a ball. Let dough rest while preparing the filling. Heat oil in large skillet until very hot (but not smoking). Add onions and saute until golden. Add tomatoes and garlic and continue cooking vegetables until the liquid has evaporated. In small bowl, mash hard-cooked eggs. Add mashed eggs and chicken to skillet. Cook mixture 2 to 3 minutes, stirring occasionally; remove from heat. Taste filling and add salt and pepper, if needed. Preheat oven to 425 °F. On lightly floured board, roll pastry to a thickness of 1/4 inch or less. Using a 6 inch plate as a guide, cut 10 circles from pastry. Spread half of each circle with 1/3 cup filling, spreading filling to within 1/2 inch of the edges. Fold the other half of the dough over the filling and seal edges by fluting together with fingers. Place on lightly greased baking sheet and brush surface with beaten egg, if desired. Bake turnovers until brown and crisp, about 25 minutes. Makes 10

turnovers.

Yield: 10 turnovers

Chicken, Latin America, Main Dish

ENCHILADAS VERDES

(chicken-filled Tortillas With Green Sauce)

1 Whole Chicken Breast
1/2 Cup Chicken Stock
3 Ounces Cream Cheese
1 Cup Light Cream
1/3 Cup Finely Chopped Onions
3 Fresh Green Peppers
1/3 Cup Canned Mexican Green Tomatoes, drained
1 Hot Chili (canned), drained, rinsed
and chopped finely
2 1/2 Teaspoons Chopped, fresh coriander
1 Egg
3/4 Teaspoon Salt
1 Dash Pepper
1 1/2 Tablespoons Shortening
6 Tortillas
3 Tablespoons Grated Parmesan Cheese

Place chicken breast in small skillet. Pour stock over chicken breast and cover; simmer until chicken is tender, about 20 minutes. Remove chicken to plate and reserve stock. When chicken is cool enough to handle, slip off skin; remove meat from bones and shred. Set aside. In small mixing bowl, beat cream cheese until smooth. Add 1/4 cup cream, a little at a time.

Add onions and chicken, stirring with wooden spoon or rubber spatula. Set aside. Skin peppers. (To skin peppers, impale each pepper on a fork and hold over flame of gas burner until skin blisters and turns black. Wrap in a damp towel for a few minutes; slip off skins.)

Remove stem and seeds; coarsely chop peppers and place in blender container. Add tomatoes, hot chilies, coriander and 1/4 cup reserved stock. Blend on high speed until sauce is smooth. Add rest of cream, the egg and salt and pepper.

Blend 10 more seconds; pour into bowl. Preheat oven to 350 °F. Grease a small baking dish or 8 inch square cake pan.

Melt shortening in small skillet. Fry tortillas one at a time; filling each before frying the next. To fill, place 1/4 cup filling in center of tortilla. Fold one side to center; roll tortilla up completely to form a cylinder.

Place filled tortillas side by side in baking dish.

When all of the tortillas have been filled, pour remaining sauce over them and sprinkle with cheese. Bake about 15 minutes or until cheese has melted. Serve immediately.

Serves 6.

Cakes, Cookies, Pies Candies, Europe

ENGLISH TRIFLE

Servings: 8

1 Pound Cake (homemade or Packaged)
4 Tablespoons Raspberry Jam
1 Cup Blanched Almonds, halved
2 Cups Fresh Raspberries or 2 Packages
frozen raspberries, 10 ounces each
2 Cups Custard Sauce (see Chapter 12)
2 Cups Heavy Cream
2 Tablespoons Confectioner's Sugar

Cut the pound cake into slices, 1/2 inch thick. Coat about half of the slices with jam and place them, jam side up, along the bottom and sides of a glass bowl.

Cut the remaining slices into cubes and scatter the cubes over the jam covered slices. Sprinkle 1/2 cup of the almonds over the cake. Reserve 12 of the best raspberries. (Drain juice from frozen berries.) Sprinkle the remaining berries over the cake. Using a rubber spatula, gently spread the custard sauce over the fruit.

In a small, chilled bowl, whip cream until slightly thick. Add sugar gradually, beating until cream forms soft peaks. Spread half of the whipped cream over the custard sauce. Using a pastry bag, pipe the remaining cream decoratively around the edge of the trifle.

Garnish with reserved berries and almonds. Serves 6 to 8.

Foods of the World, Salads, the Mediterranean Countries

ENSALADA CATALANA (Catalan salad)

1 Bunch Romaine
3 Medium Tomatoes
1 Large Sweet Raw Onion
1 Green Pepper
1 Red Pepper
1/4 Cup Green Olives
1/4 Cup Pitted Black Olives
olive oil
wine vinegar

Clean romaine under cool running water. Separate and dry leaves. Break into bite-sized pieces. Wash tomatoes; slice into wedges. Peel onion; cut into rings. Wash and clean green and red pepper; cut into thin rings. Set six chilled salad plates on a tray. Make a bed of romaine on each plate. Attractively arrange the rest of the ingredients on top of the lettuce. Serve salads with olive oil and wine vinegar. Serves 6.

ENSALADA DE VALENCIANO (pepper salad)

1 Head Iceberg Lettuce
5 Green Peppers
4 Medium Tomatoes
2 Small Onions, chopped
1 Tablespoon Chopped Parsley
3/4 Cup French Dressing

Core, rinse and thoroughly drain lettuce; chill in plastic bag or refrigerator crisper. To remove skins from green peppers, hold on fork over medium flame, turning carefully until skin blackens. Wrap in a damp dish towel for a few minutes. Peel peppers with a sharp knife; remove seeds and cut in thin strips.

Peel

and seed tomatoes; dice. Chill peppers and tomatoes.

Line 6 salad plates with outer lettuce leaves; shred remaining lettuce and toss with peppers, tomatoes, onion and dressing. Arrange salad on lettuce-lined plate; sprinkle with parsley. Serves 6.

F

FATTIGMAND (fat men cookies)

4 Eggs
1 /2 Cup Sugar
1 Dash Salt
4 Tablespoons Light Cream
All-purpose Flour (enough to make a soft dough)

Beat eggs, sugar, and salt until thick and light. Add cream and enough flour to make a soft dough. Cut dough into diamond shapes and fry in hot shortening (375 °F). While warm, sprinkle cookies with granulated

sugar. Makes about 3 dozen cookies.

Foods of the World, Sides, the Mediterranean Countries

FETTUCCINE VERDE AL BURRO (green noodles with butter and cheese)

Servings: 8

2 Packages Frozen Chopped Spinach, 10 ounces each

2 Cups All-purpose Flour

2 Teaspoons Salt

2 Eggs

6 Quarts Water (6 to 8)

1 Tablespoon Salt

8 Tablespoons Sweet Butter, softened

1/3 Cup Heavy Cream

2/3 Cup Freshly Grated Parmesan Cheese

In medium saucepan, cook spinach in a small amount of simmering salted water until tender. Drain well and squeeze dry. Using fine blade of food chopper, grind spinach 2 or 3 times. Transfer chopped spinach to mixing bowl. Add flour, salt and eggs. Using hands, mix to form a soft dough. Turn dough out onto a floured board and knead until smooth and no longer sticky, adding additional flour if needed. Roll dough very thinly into a rectangle. Cover with damp towels and let stand 1 hour. Starting at the narrow end closest to you, fold dough over and over until it is about 3 inches wide. Using a sharp knife, cut into very thin strips, about 1/4 inch wide. Unroll strips on flat surface and let dry 2 to 3 hours or overnight. When ready to cook, bring water to boil in large kettle. Add noodles and simmer until tender. Meanwhile, combine softened butter, cream and cheese in small bowl; beat until smooth. When noodles are

tender, drain well. Toss with butter and cheese mixture and serve immediately. Serves 8.

Dessert, Foods of the World, the Mediterranean Countries

FLAN (caramel custard)

Servings: 6

1/2 Cup Sugar
2 Tablespoons Water
2 Cups Milk
2 Cups Light Cream
8 Eggs
1 Pinch Salt
3/4 Cup Sugar
1 1/2 Teaspoons Vanilla

To caramelize mold; In small, heavy saucepan combine sugar and water. Cook over moderate heat, stirring constantly, until the sugar melts and turns a golden brown. Quickly pour syrup into a 6 cup mold (or 6 custard cups) which has been warmed. (Stand it in hot water.) Turn mold or custard cups in all directions so syrup coats both bottom and sides. Set aside. In large saucepan combine milk and cream; scald. (Do not let mixture come to a boil.) Remove from heat and cool slightly. Preheat oven to 350 °F. Meanwhile, in mixer bowl, beat eggs and salt slightly. Add sugar gradually as you continue beating. Add milk and cream slowly, beating constantly, then add vanilla. Pour custard into mold. Place mold in a larger pan filled with hot water which reaches halfway up the sides of the bowl. Bake about 1 hour, or until knife inserted in center comes out clean. Cool custard and then refrigerate until well-chilled. To unmold, run a knife between the custard and mold. Place a

serving dish on top of mold and invert. Custard should slide out. Serves 6 to 8.

Salads Dressings

FRENCH DRESSING

1/2 Cup Salad Oil (1/2 to 3/4)
1/4 Cup Vinegar
1 Teaspoon Paprika
1/2 Teaspoon Salt
1/2 Teaspoon Dry Mustard
1 Dash Pepper

In a jar or blender container, combine all ingredients. Shake or blend dressing until thoroughly mixed. Shake well before using. Makes 250 mL (1 cup) dressing.

Chicken

FRIED CHICKEN

Servings: 8

2 Broiler-fryers, cut up
1/2 Cup Flour
3/4 Teaspoon Salt
1/2 Teaspoon Paprika
1 Dash Pepper
Fat for Frying

Wash chicken and pat dry with paper towels plastic bag. Shake chicken pieces, two at a time in seasoned flour. Place on rack to let coating dry. Pour fat 6 mm (1/4 inch) deep in skillet; heat until a drop of water sizzles

Brown meaty pieces first; then add the smaller pieces. Do not

crowd. When one side has browned, turn with tongs and brown the other side. Transfer chicken to baking pan and finish cooking chicken in a 180 °C (350 °F) oven until tender. Serves 6 to 8.

Notes: 12-13 Crispy fried chicken is a Southern specialty, but it is enjoyed throughout the United States.

Our American Heritage, Sides

FRIED RICE

3 Eggs, slightly beaten
8 Slices Bacon, cut into 1/4 inch pieces
1/4 Cup Bacon Drippings
1/3 Cup Chopped Onions
6 Cups Cooked Rice
1/4 Cup Soy Sauce
1/4 Teaspoon Salt
1/4 Teaspoon Pepper
1/2 Cup Whole Green Onions, thinly sliced

In medium skillet, scramble eggs; set aside. In large skillet, fry bacon until cooked, but not crisp. Reserve drippings and set bacon aside. Saute' chopped onion in drippings. Add rice. Cook over moderate heat, stirring constantly until hot. Add soy sauce, salt, pepper and green onions; stir to combine. Add scrambled egg and bacon. Toss gently with two forks.

Serve immediately. Serves 8 to 10.

Latin America

FRIJOLES REFRITOS (refried beans)

2 Cups Dried Pinto, black, red or kidney beans (soaked in cold water overnight and drained)
1 Teaspoon Salt
3 Tablespoons Vegetable Shortening

1 Onion, finely chopped
3 Medium Tomatoes, seeded and finely chopped
2 Small, fried, hot chilies, crumbled
2/3 Cup Monterey Jack, or Cheddar cheese, crumbled
salt
pepper

Place beans and salt in large saucepan, and add enough cold water to completely cover beans. Over moderate heat, bring water to a boil. Reduce heat to low, cover pan, and simmer beans until tender, about 1 1/2 hours.

Drain and puree beans in a blender (or push them through a fine sieve).

In a large, heavy skillet, melt shortening. Add onions and cook until lightly browned. Add tomatoes and chilies; cook, stirring frequently, for 5 minutes.

Add pure'd beans, cheese and salt and pepper to taste. Cook, stirring occasionally, until cheese melts and beans are hot, about 10 minutes. Serve immediately. Serves 5 to 6.

Dessert

FRUIT WHIP

2 Egg Whites
1/4 Teaspoon Cream of Tartar
5 Tablespoons Sugar
1 Small Jar Strained Plum Or
Apricot Baby Food

In small, deep bowl, sift cream of tartar over egg whites; beat to foamy stage. Continue beating and gradually add sugar. Beat whites to the upper limit of the soft peak stage.
Fold baby food into beaten egg white. Spoon mixture into a

small, shallow baking dish.

Place the baking dish in a larger dish containing 2.5 cm (1 inch) of warm water. Bake

fruit whip at 180°C (350 °F) until a knife inserted in the center comes out clean, about 20 to 30 minutes. Serves 2.

FUDGE

2 Cups Sugar

1 Teaspoon Corn Syrup

2/3 Cup Milk

1/4 Teaspoon Salt

2 Ounces Unsweetened Chocolate
cut into pieces

2 Tablespoons Butter or Margarine

1 Teaspoon Vanilla

16 A Recipe for Fudge. (16 to 20)

Combine sugar, corn syrup, milk, salt and chocolate in a large, heavy saucepan. Stir mixture over moderate heat until sugar dissolves. Boil the candy over moderate heat, uncovered, until it reaches 112 to 115°C (234 to 240 °F) on a candy thermometer.

Remove candy from heat and add butter or margarine; cool until lukewarm, about 50 °C

(122 °F). Do not stir candy while it is cooling. Add vanilla and beat candy vigorously

until it thickens and begins to lose its gloss. Immediately pour fudge into a buttered pan

and mark it into squares. When the fudge has cooled, cut it into pieces. Makes about 450 g

(1 pound).

Yield: 1 pound

G

Asia, Foods of the World

GARAM MASALA (Indian spice mixture)

24 Large Cardamons
2 Ounces Coriander Seeds
2 Ounces Black Peppercorns
1 1/2 Ounces Caraway Seeds
1/2 Ounce Whole Cloves
1/2 Ounce Ground Cinnamon

Remove skin from the cardamon seeds. Grind cardamon seeds, coriander seeds, peppercorns, caraway seeds and cloves until fine. Add cinnamon and mix thoroughly. Seal in airtight container.

Foods of the World, Soup, Chowder, Stew, the Mediterranean Countries

GAZPACHO (cold fresh vegetable soup)

Servings: 10

1 Quart Chicken Broth
4 Medium Tomatoes, chopped
2 Cucumbers, peeled and chopped
1 Large Onion, sliced
1/2 Green Pepper, chopped
2 Cups Bread Cubes
1/4 Cup Olive Oil
2 Tablespoons Wine Vinegar
1 Clove Garlic, minced
1 Teaspoon Sugar
1 Teaspoon Salt
1 Dash Cayenne
Garnish:
1 1/4 Cups Bread Cubes (1/4 Inch)
1/3 Cup Chopped Onion
1/2 Cup Chopped Green Peppers
1/2 Cup Peeled and Chopped Tomato

In a large bowl, combine chicken broth, tomatoes, cucumbers, onion, green pepper, bread cubes, olive oil, vinegar, garlic, sugar, salt and cayenne. Puree mixture in blender, 2 cups at a time. Chill thoroughly. Just before serving, stir soup lightly. Pour into a tureen or individual soup bowls. Pass garnishes separately. Serves 8 to 10.

Fish and Seafood, Foods of the World, the Mediterranean Countries

GEFILTE FISH

3 Pounds Whitefish
3 Medium Onions
2 Eggs
1 1/2 Teaspoons Salt
1/2 Cup Cold Water
3 Onions
2 Scraped Carrots, diced
2 Stalks Celery, diced
3 Teaspoons Parsley
boiling water

Slice fish into 2 inch strips. Remove all skin and bones. Chop fish with onions. Add eggs, 1 teaspoon salt and cold water. Shape into balls. Wrap a piece of fish skin around each ball. In a large saucepan place onions, carrots, celery, parsley and remaining salt. Place the fish balls on top. Slowly add boiling water, trying not to disturb fish balls. Bring to a boil. Reduce heat and simmer for 2 hours without stirring. Remove fish carefully to a bowl. Strain gravy over it and chill. Serve with horseradish. Makes 6 to 8 appetizer servings.

Main Dish, Our American Heritage

GERMAN POTATO SALAD

Servings: 6

2 Pounds New Potatoes
6 Slices Bacon, diced
1/2 Cup Sliced Green Onion
3 Tablespoons Sugar
1 Tablespoon All-purpose Flour
1 1/2 Teaspoons Salt, ¥
1/4 Teaspoon Dry Mustard
1/3 Cup Cider Vinegar

Cook potatoes in lightly salted water until tender; drain, reserving 3/4 cup liquid. Slice potatoes and set aside.

Cook bacon until crisp; remove from skillet and drain. Add onion to 1/4 cup bacon drippings in skillet; cook until tender. Blend in sugar, flour, salt and mustard. Add reserved potato liquid and vinegar, stirring until smooth. Cook, stirring constantly until thickened. Add potatoes and bacon. Heat until warmed through. Serves 6 to 8

Asia, Foods of the World

GHEE (clarified butter)

2 Pounds Sweet Butter

In a heavy saucepan, melt butter over very low heat.

When butter has melted, increase heat just enough to bring it to a boil. Stir once and reduce the heat to very low. Simmer the butter, uncovered, for 50 minutes. Line a strainer with 3 or 4 thicknesses of cheesecloth. Carefully strain the clear liquid ghee through cheesecloth.

Make sure none of the solids in

the bottom of the pan go through the cheesecloth.

Pour the ghee into a jar, cover and store in a cool place. Makes about 2 3/4 cups.

Sides, Vegetables

GLAZED CARROTS

Servings: 3

3 Medium Carrots

2 Tablespoons Butter or Margarine

2 Tablespoons Brown Sugar

Thinly scrape carrots; cut into strips. Bring 125 mL (1/2 cup) of lightly salted water in a small saucepan to a boil; add carrots. Simmer carrots until crisp-tender; drain. Add butter or margarine and brown sugar. Heat carrots just until glazed. Serve immediately. Serves 3.

*Notes: flavorful glaze adds
sparkle to cooked carrots.*

GOHAN (steamed rice)

1 Cup Raw, long grain rice

1 1/2 Cups Cold Water

Clean rice by placing it in a colander or sieve and pouring cold water over it until water runs clear. Drain rice well and place in a large, heavy saucepan.

Cover rice with 1 1/2 cups cold water and let soak 30 minutes. Bring water to a boil, reduce heat to medium and cook rice covered for about 10 minutes, or until rice has absorbed all the liquid.

Reduce heat to low and simmer an additional 5 minutes.
Remove from heat. Let the rice rest, undisturbed, 5 minutes.

Remove cover and fluff with fork and serve.

Makes 3 cups.

Yield: 3 cups

Our American Heritage, Sides, Vegetables

GREEN BEANS

Servings: 6

2 Pounds Fresh Green Beans*
butter or margarine
Salt and Pepper, to taste

Wash beans under cool running water. Snap off ends; then snap beans in half. Bring a small amount of salted water to a boil. Add beans.

Return to boil,
then reduce heat and simmer beans gently just until crisp-tender,
about 10 to 15 minutes. Drain. Top with butter or margarine.
Serve immediately.

*Notes: *Two 10-ounce packages of frozen green beans may
be substituted for fresh. Follow package directions
for cooking.*

Our American Heritage, Salads

GREENS WITH VINEGAR AND OIL DRESSING

1 Bunch Beet Tops
1 Bunch Kale
1 Bunch Spinach
1 Bunch Collards
1 Pound Salt Pork, cut into pieces
1 Clove Garlic, chopped

Clean greens. Trim tough ends and bruised spots. Tear into pieces. In large saucepan, bring 2 cups water to a boil, add salt

pork. Cook 10 minutes. Add greens and garlic. Simmer slowly until tender, about 1 1/2 hours. Serve with vinegar and oil.
Serves 8.

Latin America

GRUn SALAT MIT HEISS SPECK SOCCE (green salad with hot bacon dressing)

Salad:

- 1 Bunch Fresh Spinach
- 1 Small Head Iceberg Lettuce
- 1 Small Head Red-tipped Leaf Lettuce
- 1 Small Bunch Escarole
- 1 Medium Sweet Onion Cut Into Rings

Hot Bacon dressing:

- 1/2 Pound Bacon Finely Diced (about 1 1/2 Cups)
- 1/2 Cup Finely Chopped Onions
- 1 /4 Cup Cider Vinegar
- 1/4 Cup Water
- 1/2 Teaspoon Salt
- 1 /4 Teaspoon Pepper

Salad:

Carefully wash salad greens; drain well on absorbent paper. Remove papery skin on onion and cut into rings. Tear greens into bite-sized pieces. Place in salad bowl; add onion slices. Toss with dressing just before serving.

In a heavy skillet, cook bacon over moderate heat until crisp. Remove bacon from skillet and place on paper towels. Add onions to bacon fat remaining in skillet. Cook onions until soft and transparent, stirring constantly, about 5 minutes.

Add vinegar, water, salt and pepper; cook, stirring constantly for

a minute or so. Add bacon and pour over salad greens.

Serve immediately. Dressing also may be served along side the greens, if desired. Serves 6 to 8.

H

Asia, Foods of the World

HALVA (semolina dessert)

Servings: 6

1 3/4 Cups Sugar
4 Cardamon Seeds
3 Cinnamon Sticks
1 Cup Butter or Margarine
2 Cups Semolina
3/4 Cup Seedless Raisins
3/4 Cup Slivered, blanched almonds

In large, heavy saucepan, bring 3 3/4 cups water to a boil. Add sugar and stir until sugar dissolves. Add cardamon and cinnamon. Simmer mixture over moderate heat until syrupy, about 10 minutes. In second saucepan, melt butter or margarine over low heat.

Stir in semolina and simmer for 20 minutes, stirring frequently.

Add raisins, almonds and sugar syrup and bring to a boil. Boil for 5 minutes, stirring constantly. Remove cinnamon sticks and cardamon seeds and discard. Pour pudding into shallow pan and cool.

Chill well before serving. Serves 4 to 6.

Parties and Picnics, Sandwiches

HERO SANDWICH

1 Loaf Italian or French Bread
3 Tablespoons Butter or Margarine

1 Teaspoon Prepared Mustard
4 Thin Slices Cooked Ham
4 Slices Bologna
4 Slices Turkey or Chicken
4 Slices Swiss Cheese
1 Medium Green Pepper Sliced, into rings into rings
2 Medium Tomatoes, sliced
4 Lettuce Leaves (4 to 6)

Slice bread in half lengthwise. Combine butter and prepared mustard; spread on both sides of bread. Arrange meats, cheese, tomato and green pepper on bottom half of bread; top with lettuce. Put top half of bread in place and slice diagonally. Serves 4 to 6.

Cakes, Cookies, Pies Candies, Foods of the World, the Mediterranean Countries

HONEY CAKE

Servings: 12

2 Tablespoons Vegetable Oil
1 Cup Sugar
3 Eggs
2/3 Cup Cold Strong Coffee
1 Cup Honey
3 Cups Cake Flour, sifted
2 Teaspoons Baking Powder
1 Teaspoon Soda
1 Teaspoon Cinnamon
1/2 Teaspoon Ginger
1/2 Teaspoon Nutmeg
1/2 Cup Blanched Almonds, chopped
(reserve a few for the top)
1/2 Cup Seedless Raisins

Preheat oven to 350 °F. In large mixer bowl, combine oil, sugar and eggs. Beat until light and fluffy. In small bowl, combine coffee and honey. Sift dry ingredients together. Add dry ingredients alternately

with liquid ingredients to egg mixture. Fold in almonds and raisins. Pour batter into a greased and floured 9 inch tube pan. Sprinkle batter with the reserved almonds. Bake for 45 minutes to 1 hour, or until toothpick inserted in center comes out clean. Serves 10 to 12.

Asia, Dessert, Foods of the World

HSING-JEN-PING (almond cookies),

4 Cups Sifted All-purpose Flour
1 1/2 Cups Sugar
1/2 Teaspoon Baking Powder
1 Teaspoon Salt
1 1/2 Cups Shortening
1 Egg, beaten
1 Tablespoon Water
1 Teaspoon Almond Extract
blanched whole almonds
1 Egg Yolk
2 Tablespoons Milk

Preheat oven to 375 °F. In large mixing bowl, combine flour, sugar, baking powder and salt. With patry blender or two knives, cut in shortening until particles are the size of small peas.

In small bowl, combine egg, water, and almond extract. Add to flour mixture all at once. Mix well.

Knead doughl minute in bowl. Roll into small balls. Place 2 inches apart on ungreased baking sheets.

Flatten to about 3/8 inch thickness. Top each cookie with an almond and brush with egg glaze made by combining the egg yolk with milk. Bake

until lightly browned, about 12 minutes.

Makes 5 dozen cookies.

Yield: 5 Dozen

K

Europe, Sides, Vegetables

KARTOFFELPUFFER MIT APFELMUS (potato pancakes with applesauce)

Servings: 4

2 Tablespoons All-purpose Flour
1 1/2 Teaspoons Salt
1/2 Teaspoon Sugar
1/4 Teaspoon Baking Powder
1/8 Teaspoon Pepper
3 Cups Grated Potatoes (6 Medium Potatoes)
2 Eggs, well beaten
1 Tablespoon Grated Onion
1 Tablespoon Minced Parsley
shortening for frying
applesauce

Sift flour, salt, sugar, baking powder, and pepper together in large mixing bowl; set aside. Drain grated potatoes thoroughly. Press potatoes against the sides and bottom of a sieve with spoon to remove excess moisture. Combine eggs, onion and parsley; add to sifted ingredients. Stir in grated potatoes. Mix thoroughly.

Heat 1/4 inch of shortening in a heavy skillet. For each pancake, drop about 2 tablespoonfuls batter into fat and spread with the back of the spoon to make a 3 inch round. Fry pancakes until crisp and golden brown. Turn carefully and brown other sides.

Drain on paper toweling. Makes 18 pancakes.

Yield: 18 pancakes

KARTOPLIA SOLIMKOI (deep-fried straw potatoes)

Servings: 6

6 Medium-sized Baking Potatoes
Vegetable Oil for Deep-fat Frying
Salt

Peel potatoes and cut into strips about 2 1/2 inches long and 1/8 inch thick. Place strips in a bowl filled with ice water until they are ready to be fried. Then, drain in a colander and place on paper towels. Using more paper towels pat potatoes until they are thoroughly dry. In large saucepan, heat oil to 375 °F. Place potatoes in frying basket and fry for about 15 seconds, occasionally shaking basket to keep potatoes from sticking. Potatoes should be a pale golden brown. Drain well on paper towels. (Potatoes can rest up to an hour.) Just before serving, reheat oil to 385 F. Put potatoes in basket and fry 15 more seconds or until crisp and brown. Drain, transfer to a platter and sprinkle with salt. Serve immediately.
Serves 6.

Europe, Foods of the World

KESAKEITTO (summer soup)

1 Cup Fresh Green Peas*
1 Small Head Cauliflower, separated
into small florets
5 Small Carrots, diced
2 Small Potatoes, diced
1/2 Pound Fresh String Beans, cut
into narrow strips*
1/4 Pound Fresh Spinach, finely chopped
1 1/2 Teaspoons Salt, ¥
white pepper to taste
2 Tablespoons Butter or Margarine

2 Tablespoons All-purpose Flour
1 Cup Milk
1/4 Cup Heavy Cream
1 Egg Yolk

Prepare vegetables as specified. With the exception of the spinach, place vegetables in a large saucepan, cover with cold water and simmer until just tender, about 5 minutes. Add spinach and cook another 5 minutes. Remove from heat and strain liquid into a bowl; set aside. Place vegetables in a second bowl. In same saucepan, melt butter or margarine over low heat. Stir in flour to form a paste. Add hot vegetable stock slowly, stirring constantly, then add milk. In a small bowl combine the cream and egg yolk. Add a few tablespoons of hot soup, beating constantly. Then add the warmed cream mixture to the hot soup. Add vegetables and bring soup to a simmer. Simmer uncovered over low heat for 3 to 5 minutes. Taste and add salt and pepper as needed. Pour into a tureen and garnish with chopped parsley. Serves 6 to 8.

*If fresh peas, string beans or spinach are not available, substitute frozen June peas, French-style green beans and chopped spinach. Adjust cooking times accordingly.

Asia, Chicken, Foods of the World

KOTLETY PO-KYIVSKOMU (chicken Kiev)

6 Whole Chicken Breasts
1 Cup Plus 2 Tablespoons Chilled Unsalted Butter
salt
pepper
1 Tablespoon Chopped Parsley
1/2 Cup Milk

4 Eggs, beaten
1 Cup All-purpose Flour
3 Cups Dry Bread Crumbs
vegetable shortening for deep-fat frying

Bone and skin chicken breasts. Cut in half. Place breasts, one at a time, between two sheets of waxed paper. Flatten with a meat mallet until 1/4 inch thick. Cut butter into 12 equal pieces. Shape each into a cylinder about 1/2 inch thick and 3 inches long. Wrap in waxed paper and chill. Place one piece of chilled butter on each breast. Sprinkle with salt, pepper, and parsley. Roll chicken breast; carefully seal edges with toothpicks. Beat milk and eggs until smooth. Dredge rolled chicken breast in flour, dip in milk mixture; then roll in bread crumbs. Repeat coating process until all cutlets have been coated. Chill until ready to cook. Fry at 375 °F until golden brown. Remove toothpicks and serve immediately. Serves 6.

Europe, Foods of the World

KOTTBULLAR (Swedish meatballs)

Servings: 5

1 Tablespoon Butter or Margarine
3 Tablespoons Finely Chopped Onion
1 Cup Mashed Potatoes
3 Tablespoons Fine Bread Crumbs
1 Pound Lean Ground Beef
1/3 Cup Light Cream
1 Teaspoon Salt
pepper, to taste
1 Egg
2 Tablespoons Butter or Margarine
2 Tablespoons Vegetable Oil

2 Tablespoons All-purpose Flour
1 Cup Light Cream

In a small skillet, melt butter or margarine. Add onions and saute until tender and translucent. In large mixing bowl, combine onions, mashed potatoes, bread crumbs, ground beef, cream, salt, pepper and egg. Using your hands, knead mixture until it is fluffy. Shape into medium-sized balls, about 2 inches in diameter. Arrange meatballs one layer deep, on baking sheets. Cover with plastic wrap and refrigerate for at least one hour. In large skillet, melt butter and vegetable oil, add meatballs a few at a time. With one hand, shake skillet to help meatballs retain their shape. Cook until meatballs are browned and no pink remains when one is cut in half. Transfer cooked meatballs to a casserole and keep warm (200 °F oven) while cooking the rest. Add more butter and oil to the skillet as needed. When the last batch of meatballs has finished cooking make the gravy. Pour off all but 2 tablespoons of fat. Add flour to form roux. Slowly add cream, stirring constantly until smooth. Cook over moderate heat until thickened. Serve with meatballs. Serves 4 to 5.

KOURAMBIEDES (walnut cookies)

3/4 Pound Butter or Margarine
3 Tablespoons Confectioner's Sugar
1/2 Teaspoon Vanilla
1 1/2 Teaspoons Baking Powder
3 1/2 Cups All-purpose Flour, minus 1 tablespoon
1/2 Cup Finely Chopped Walnuts
1/2 Cup Confectioner's Sugar

Melt butter or margarine in small saucepan and cool to lukewarm. Preheat oven to 350 °F. In large mixing bowl, combine melted butter or margarine, 3 tablespoons sugar, vanilla and baking powder; stir with a wooden spoon until mixed. Add flour, 1/4 cup at a time, beating well after each addition. Add walnuts, stirring until mixed. On lightly floured board, roll about 2 tablespoons of dough into a rope, 6 inches long and 1/4 inch wide; shape into an "S". Repeat with remaining dough. Place cookies 1 inch apart on a baking sheet. Bake until light brown, about 15 minutes. Sprinkle with remaining confectioner's sugar. Makes 3 dozen cookies.

Yield: 3 dozens

Bake Goods, Europe, Foods of the World

KRINGLA (double-ring twist biscuits)

1 Cup Sugar
1 Cup Sour Cream
1 Cup Sour Milk
1 Egg
1 Teaspoon Baking Soda
1 Pinch Salt
1/2 Teaspoon Cinnamon
all-purpose flour
(enough to make a fairly stiff dough)

Preheat oven to 375 °F. Combine sugar, sour cream, sour milk, egg, soda, salt and cinnamon in large bowl. Add enough flour to make a fairly stiff dough. Roll dough between palms to form pencil size rolls; shape rolls into figure eights. Place cookies on lightly greased baking sheet and bake until lightly browned, about 10 to 12 minutes. Makes about 24 cookies.

LAMB CHOPS DELUXE

Servings: 2

**2 Rib , Loin or Shoulder
lamb chops, 1 inch thick
salt
pepper
1/4 Cup Mint Jelly
1 Tablespoon Lemon Juice
2 Canned Pear Halves**

Combine mint jelly and lemon juice in a small saucepan. Heat slowly until jelly melts.

Place lamb chops on cold broiler pan. Broil 5 cm (2 inches) from the heat. Brush with glaze several times while broiling.

When one side is browned, turn chops.

Place pear halves cut side down on broiler pan. Continue to broil chops until done, glazing both chops and pear halves frequently.

Total broiling time will be about 10 to 12 minutes. Serves 2.

*Notes: 12-7 Broiled lamb chops often
are glazed with a mint sauce
and served with pear halves.*

LEMON YOGURT MOLD

**1 Package Gelatin Lemon-flavored, 3 ounces
1 Cup Boiling Water
1/2 Cup Cold Water
1 Cup Lemon-flavored Yogurt**

In a small mixing bowl, dissolve gelatin in boiling water. Add cold

water and chill gelatin

until thickened but not set. Beat gelatin with a rotary beater or electric mixer until fluffy.

Fold in yogurt. Pour gelatin into a 750 mL (3 cup) mold which has been lightly oiled.

Refrigerate until set, about 2 hours. Unmold onto a serving plate lined with salad greens.

Serves 4 to 5.

Notes: Lemon-flavored yogurt adds smoothness and extra lemon flavor to this gelatin salad.

Foods of the World, the Mediterranean Countries

LENTIL SOUP

Servings: 8

3 Cups Sliced Onions

1/3 Cup Vegetable Oil

3/4 Pound Ground Lamb

2 1/2 Cups Canned Whole Tomatoes, mashed slightly

1 Cup Diced Celery

3/4 Cup Diced Carrots

3/4 Cup Diced Parsnips

3/4 Cup Diced Green Pepper

3 1/2 Cups Cold Water

1 Pound Lentils

1 Tablespoon Salt

1/2 Teaspoon Pepper

In Dutch oven or large saucepan, saute' onions in oil until browned. Add ground lamb and cook until lamb loses its pink color. Add tomatoes, celery, carrots, parsnips, green pepper, water, lentils and seasonings. Bring to a boil. Reduce heat and cover pan. Simmer soup about 1 1/2 hours or until lentils are tender.

Serves 6 to 8.

Bake Goods, Europe, Foods of the World

LIMPA (Swedish rye bread)

1 Package Active Dry Yeast
1/4 Cup Water
1/2 Cup Light Brown Sugar, packed
1/2 Cup Light Molasses
1 Tablespoon Salt
2 Tablespoons Shortening
1 1/2 Cups Hot Water
2 1/2 Cups Sifted Rye Flour
1/2 Cup Dark Seedless Raisins
1 Tablespoon Grated Orange Peel
3 1/2 Cups Sifted All-purpose Flour (3 1/2 to 4)

Soften yeast in warm water. In a large bowl, combine brown sugar, molasses, salt, and shortening. Add hot water (120 to 130°F) and stir until the sugar dissolves; cool mixture to lukewarm. Stir softened yeast and rye flour into liquid mixture; beat well. Add raisins, orange peel and enough all-purpose flour to make a soft dough. Turn dough out onto a lightly floured board or pastry cloth. Cover; let rest 10 minutes. Knead dough until smooth and elastic, about 10 minutes. Place dough in a lightly greased bowl, turning once to grease surface. Cover with a towel. Let dough rise in warm place until doubled in bulk (about 1 1/2 to 2 hours). Punch dough down. Turn dough out on lightly floured board or cloth and divide into 2 portions. Shape each portion into a ball; cover, let rest 10 minutes. Pat balls of dough into 2 round loaves and place on a greased baking sheet. Cover loaves and let rise in a warm place until double (about 1 1/2 to 2 hours). Bake loaves at 375 °F for 25 to 30 minutes. Remove bread from pans to

cooling racks. For a soft crust, butter tops of loaves while hot. Makes 2 loaves.

Yield: 2 loaves

Main Dish

LIVER AND PINEAPPLE

1 Pound Calves Liver
1/4 Cup Flour
1/2 Teaspoon Salt
2 Tablespoons Butter or Margarine
1 Can Sliced Pineapple, 20 ounce can
1/2 Cup Chopped Green Onion
2 Tablespoons Brown Sugar
1/2 Cup Water
1 Teaspoon Cornstarch

Combine flour and salt in a shallow dish. Coat liver slices on both sides with flour.

Drain pineapple slices, reserving 125 mL (1/2 cup) syrup.

Melt butter in large skillet.

Add pineapple slices sprinkled with 15 mL (1 tablespoon) brown sugar and saute until golden.

Add green onions and saute 2 more minutes. Remove pineapple slices and onions to a platter; keep warm.

Sprinkle remaining brown sugar in skillet. Fry liver slices about 2 minutes on each side. Remove skillet from heat. Remove liver to a platter and top with pineapple and onion; keep warm. To make sauce, add cornstarch to skillet drippings; stir to blend.

Combine water and pineapple syrup. Gradually add liquid to thickened drippings, stirring constantly until mixture is smooth.

Return skillet to heat. Cook sauce until it thickens and becomes clear.

Serve sauce with liver and pineapple slices. Garnish with toasted slivered almonds. Serves 5

Notes: 12-10 Pineapple and toasted almonds add special flavor to fried calves liver.

Fish and Seafood

LOBSTER TAILS

Servings: 2

2 Lobster Tails

2 Tablespoons Butter, melted margarine, melted

1 Teaspoon Lemon Juice

Drop frozen lobster tails into boiling, salted water which covers them completely. Bring water back to a boil; reduce heat and simmer lobster tails until they have lost their translucency and are creamy white. Drain.

With a kitchen shears, cut away the thin under shell; leave meat in tail. Serve tails with melted butter and lemon juice. Serves 2.

M

Cakes, Cookies, Pies Candies, Dessert, Our American Heritage

MACADAMIA NUT CHIFFON PIE

1 Baked Pastry Shell, 9 inch (See Chapter 16)

1 Package Unflavored Gelatin

1/2 Cup Cold Water

4 Eggs, separated

1/2 Cup Sugar

1/2 Cup Boiling Water

3 Teaspoons Rum Extract

1/2 Teaspoon Lemon Extract

1 Teaspoon Grated Fresh Lemon Rind

1/8 Teaspoon Salt
1 1/2 Cups Chopped Macadamia Nuts
1/2 Cup Heavy Cream
2 Tablespoons Confectioner's Sugar
1/2 Teaspoon Vanilla

In custard cup, soften gelatin in cold water. Set the cup in hot water until the gelatin dissolves. In small mixing bowl, beat egg yolks until thick and lemoncolored.

Slowly add one half of the sugar and continue beating until yolk 'mixture forms ribbons when beaters are lifted. Add the boiling water while beating constantly. Pour mixture into a medium saucepan, and place over low heat. Stir until custard will coat the back of a spoon. (Do not let custard boil.) Remove custard from heat and stir in gelatin.

Add rum and lemon extracts and lemon rind. Chill, stirring occasionally until mixture mounds when dropped from a spoon. In large mixing bowl with clean beaters, beat egg whites and salt until frothy.

Sprinkle in remaining sugar gradually and beat until egg whites form stiff peaks. Stir about one fourth of the egg whites into the custard. Pour the remaining custard over the egg whites, folding in gently.

Fold in 1 1/4 cups of the macadamia nuts. Pour filling into pie shell and refrigerate, at least several hours.

Just before serving, whip the heavy cream in small, chilled bowl until thick. Add sugar gradually, then vanilla.

Spread whipped cream over pie and garnish with remaining nuts.
Makes one 9 inch pie.

Pasta, Sides

MACARONI AND CHEESE

2 Cups Medium White Sauce
2 Cups Grated Cheddar Cheese
1/4 Teaspoon Salt
1/4 Teaspoon Pepper
8 Ounces Macaroni

Bring 2 L (2 quarts) of salted water to a boil in a large saucepan.
Cook macaroni until
tender. (Follow package directions.)

While macaroni is cooking, prepare the white sauce.

When sauce has thickened, add the grated cheese. Stir sauce
over low heat until cheese
melts. Add salt and pepper.

Drain macaroni.

Combine cheese sauce and macaroni. Pour macaroni and cheese
into a buttered casserole. Top with buttered bread crumbs and
bake at 180 °C (350 °F) until crumbs have browned, about 20
minutes. Serves 4 to 6.

Asia, Foods of the World, Vegetables

MASLO GAROKH (buttered peas)

water
1/2 Teaspoon Salt
1 1/2 Pounds Shelled, fresh peas*
butter or margarine

In medium saucepan, bring a small amount of salted water to a boil. Add peas and gently simmer until tender. Drain; add butter or margarine and serve immediately. Serves 6.

*Notes: *Two 10 ounce packages of frozen peas may be substituted for the fresh peas.*

Foods of the World, Salads, the Mediterranean Countries

MAST VA KHIAR (cucumber and yogurt salad)

2 Medium Cucumbers
4 Tablespoons Finely Chopped Green Pepper
3 Tablespoons Finely Chopped Green Onion
2 Tablespoons Dried Tarragon or Dill
1 Teaspoon Lime Juice
1/2 Teaspoon Salt
2 Cups Plain Yogurt

Wash cucumbers and peel. Slice each cucumber in half lengthwise. Scoop out seeds, and chop cucumber coarsely. Put cucumber in a deep bowl and add green pepper, green onion, tarragon or dill, lime juice and salt. Mix well. Add yogurt and stir to coat vegetables. Chill at least one hour before serving. Serves 8.

Salads Dressings

MAYONNAISE

1 Egg Yolk
1/2 Teaspoon Salt
1/2 Teaspoon Sugar
1/2 Teaspoon Dry Mustard
1 Dash Pepper
2 Tablespoons Lemon Juice
or vinegar*
1 Cup Salad Oil

Place egg yolk, salt, sugar, mustard and pepper in a small, deep mixing bowl. Beat at low

speed until all ingredients are mixed. Add lemon juice or vinegar, blending well. Add oil, a few drops at a time, beating constantly until 1/3 of the oil has been used. Continue to add the oil 15 mL (one tablespoon) at a time. Beat vigorously after each addition until all of the oil is blended and the mixture is thick. Pour into a jar, cover and store in the refrigerator. Makes 300 mL (1 1/4 cups) dressing.

Notes: *You can use 15 mL (1 tablespoon) lemon juice and 15 mL (1 tablespoon) vinegar.

Dessert

MERINGUE SHELLS

Servings: 3

Crisp meringue shells

1 Egg White

1/8 Teaspoon Cream of Tartar

1/4 Cup Sugar

Cover baking sheet with heavy white paper. Draw three circles, each 10 cm (4 inches) in diameter.

Sift cream of tartar over egg white in a small mixing bowl. Beat egg white until foamy. Then begin to add sugar gradually while beating. Continue beating until meringue forms stiff peaks.

Divide meringue among the three circles on baking sheet and shape into circles, building up the sides. Bake 110°C (225 °F) for one hour. Turn off heat. Leave

meringues in the oven for another hour to dry out. Serve with ice cream and fresh fruit.

Bake Goods, Our American Heritage

MEXICAN CORNBREAD

1 Cup Cornmeal
1 Cup Buttermilk
3/4 Teaspoon Soda
1 Teaspoon Salt
1 Chopped Onion
2 Eggs, beaten
1/2 Cup Cooking Oil
1 Can Cream Style Corn
1 Large Chopped Green Pepper
1/2 Pound Cheddar Cheese

Preheat oven to 350 °F. In medium bowl, combine all ingredients except cheese. Pour half of the batter in a 2 1/2 quart casserole. Cover with half of the grated Cheddar cheese. Add the other half of the batter and cover with the remaining cheese.

Bake until cornbread is golden brown and tests done, about 40 minutes. Serves 6.

Foods of the World, Soup, Chowder, Stew, the Mediterranean Countries

MINESTRONE (vegetable soup)

Servings: 8

1 Pound Can
1 Medium Onion, chopped
2 Ribs Celery, cut into 1 inch pieces
1/4 Cup Chopped Parsley
2 Teaspoons Salt
1/2 Teaspoon Oregano
1/8 Teaspoon Pepper
1 Clove Garlic, minced
1 Can Chick-peas, 1 pound can, drained

1 Cup Cubed Zucchini
1 Cup Fresh or Thoroughly Defrosted Frozen Peas
1 Cup Diced Carrots
1 Cup Chopped Cabbage
1/2 Cup Raw White Rice
1 Cup Grated Parmesan Cheese
chopped fresh parsley

In kettle, combine beef or chicken stock, tomatoes, onion, celery, 1/4 cup parsley, salt, oregano, pepper and garlic. Simmer, stirring occasionally, 20 to 30 minutes. Add chick-peas, zucchini, peas, carrots, cabbage and rice; simmer an additional 20 to 25 minutes or until vegetables and rice are tender. Before serving, taste soup and add additional salt and pepper if needed. Pour soup into large tureen or individual soup bowls. Pass bowls of grated Parmesan cheese and chopped parsley separately. Serves 8.

Foods of the World, Main Dish, the Mediterranean Countries

MOUSSAKA (baked eggplant, lamb and tomatoes with cream sauce)

Servings: 8

4 Medium Eggplants
salt
4 Tablespoons Butter or Margarine
2 Pounds Ground Beef
3 Onions, chopped
2 Tablespoons Tomato Paste
1/2 Cup Tomato Sauce
1/4 Cup Parsley, chopped
salt and pepper, to taste
1/2 Cup Water
1 Dash Cinnamon
3 Eggs, beaten
1/2 Cup Grated Parmesan Cheese
1/2 Cup Bread Crumbs

6 Tablespoons Butter or Margarine

6 Tablespoons All-purpose Flour

3 Cups Milk

salt and pepper to taste

1 Dash Nutmeg

4 Egg Yolks, lightly beaten

vegetable oil

grated Parmesan cheese

Remove 1/2 inch wide strips of peel, lengthwise, from eggplants, leaving 1/2 inch peel between the strips.

Cut eggplant into thick slices. Sprinkle slices with salt and let stand between two heavy plates while browning meat and making sauce. In large skillet, melt the 4 tablespoons butter or margarine. Saute ground beef and onions until meat is browned. Add tomato paste, tomato sauce, parsley, salt, pepper and water. Simmer until liquid is absorbed; cool. Add cinnamon, eggs, cheese and half of the bread crumbs to meat mixture.

Set aside. In a medium saucepan, melt the 6 tablespoons butter or margarine over low heat. Add flour and stir until well blended. Remove from heat. Gradually stir in cold milk. When mixture is smooth, return to heat and cook, stirring, until sauce is thick and smooth. Add salt, pepper and nutmeg to taste. Combine egg yolks with a little of the hot sauce, then stir egg mixture into sauce and cook over very low heat for 2 minutes, stirring constantly. Set aside.

Preheat oven to 350 °F. In large skii let, heat oil.

Brown eggplant slices on both sides. Grease an ovenproof casserole and sprinkle bottom with remaining bread crumbs. Cover with layer of eggplant slices, then a layer of meat. Repeat layering until all

eggplant and meat have been used, finishing with a layer of eggplant. Cover with sauce, sprinkle with grated cheese and bake 1 hour or until hot and bubbly. Serves 8 to 10.

Dessert, Europe

MOUSSE AU CHOCOLAT (chocolate mousse)

Servings: 6

1/4 Pound Semisweet Chocolate
broken into chunks
4 Egg Yolks
4 Tablespoons Butter or Margarine, softened
4 Egg Whites
1/2 Cup Heavy Cream, whipped
chocolate curls

Melt chocolate in the top of a double boiler over barely simmering water. In small bowl of electric mixer, beat egg yolks until thick and lemon-colored (about 10 minutes). Add butter or margarine a tablespoon at a time to chocolate, beating until mixture is smooth. Add the beaten egg yolks and cook, beating constantly, until the mixture has thickened and is smooth, about 5 minutes. (Do not let mixture come to a boil.)

Remove pan from the heat. Set top portion of double boiler aside, and cool chocolate mixture to room temperature, about 30 minutes. In large mixer bowl with clean beaters, beat egg whites until soft peaks form. Gently fold chocolate mixture into egg whites, folding until no streaks of white are visible. Pour mousse into a pretty bowl or individual serving dishes and refrigerate until set, at least four hours. Just before serving, beat cream in small, chilled mixing bowl until soft peaks form.

Garnish mousse with whipped cream and chocolate curls. Serves 6.

Bake Goods

MUFFINS

2 Cups All-purpose Flour
3 Tablespoons Sugar
1/2 Teaspoon Salt
1 Tablespoon Baking Powder
1 Egg, beaten
1 Cup Milk
1/4 Cup Melted Shortening or Oil

Preheat oven to 200 °C (400 °F).

Grease muffin pans. Sift flour, sugar, salt and baking powder into mixing bowl.

small bowl, combine beaten egg, milk and melted shortening; mix well. Make a well in dry ingredients; add liquid ingredients all at once.

Stir just until dry ingredients are moistened. Fill muffin cups about two-thirds full. Bake muffins until golden brown, about 20 minutes. Serve immediately. Makes 12 muffins.

N

Our American Heritage, Snacks

NACHOS

6 Tortillas
vegetable oil or shortening for frying
1/4 Pound Sharp Cheddar Cheese
3 Jalapeno Peppers
1/2 Cup Sour Cream

Heat 1 1/2 to 2 inches of oil or shortening in a heavy skillet until hot but not smoking. Cut tortillas into wedges. Fry wedges a few at a time until crisp and golden brown; drain on paper towels.

Preheat broiler.

Top each tortilla wedge with a piece of cheese and a sliver of pepper. Broil 2 inches from heat just until cheese melts. Top with a small spoonful of sour cream. Serve immediately. Makes 25 appetizers.

Yield: 25 Appetizers

Asia, Foods of the World, Salads, Salads Dressings

NAMASU (daikon and carrot in vinegar dressing)

Servings: 6

**1/2 Pound Daikon, or white turnip, peeled
and shredded**

1 Medium Carrot, scraped and shredded

1 Tablespoon Salt

1/4 Cup Preflaked, dried bonito

1 Tablespoon White Vinegar

2 Teaspoons Sugar

Monosodium Glutamate (msg)

In small bowl, combine daikon, carrot, salt and 1 cup cold water. Stir to mix and let stand 30 minutes. Put dried bonito in a small pan and heat over low heat for 3 to 4 minutes to dry further.

Transfer to a blender container and grind to a fine powder. Drain carrot and daikon. Squeeze dry and put in mixing bowl.

Add vinegar, sugar and two pinches of monosodium glutamate. Mix well and add powdered bonito.

Serve at room temperature.

Serves 6.

Our American Heritage, Soup, Chowder, Stew

NEW ENGLAND CLAM CHOWDER

Servings: 6

4 Slices Bacon
1 Large Potato, peeled and cubed
1 Medium Stalk Celery, chopped
1/2 Cup Finely Chopped Onion
1/2 Teaspoon Salt
1/4 Teaspoon Pepper
1/8 Teaspoon Thyme
2 Cans Minced Clams, 8 ounces each
1 Cup Milk
2 Cups Light Cream

In large, heavy saucepan, cook bacon until crisp.
Remove bacon to a piece of absorbent paper to drain.

Add potato, celery and onion, salt, pepper, thyme
and liquid from clams to bacon drippings and bring to a boil;
simmer, covered, until vegetables are tender (about 10 minutes).
Add milk, cream and clams and heat almost to the boiling point.
Taste to see if additional seasonings are needed.

Serve immediately.
Serves 5 to 6.

Our American Heritage, Sides, Vegetables

NEW POTATOES AND PEAS

1 1/2 Pounds New Potatoes (or small red skinned potatoes)
1 3/4 Cups Fresh or Frozen Peas
Butter or Margarine
Salt and Pepper

Carefully scrub potatoes. With floating edge peeler or paring

knife, remove one thin strip of peel from around the center of each potato. Place potatoes in large saucepan. Cover with cold, lightly salted water.

Bring to a boil. Reduce heat and simmer potatoes until tender, about 20 to 25 minutes. About 15 to 20 minutes before you are ready to serve (a little less if frozen peas will be used), shell and wash peas. Bring a small amount of salted water to a boil. Add peas and return water to a boil. Reduce heat and simmer peas, covered, 15 to 20 minutes or until tender.

(Check package directions for cooking time for frozen peas.) Drain both potatoes and peas. Toss with butter or margarine and sprinkle with salt and pepper.

Notes: Serve immediately. Serves 5 to 6.

Foods of the World, Pasta, Sides, the Mediterranean Countries

NOODLE KUGEL

Servings: 8

3 Eggs
4 Tablespoons Light Brown Sugar
1/4 Teaspoon Nutmeg
1/2 Teaspoon Cinnamon
4 Cups Cooked Wide Egg Noodles
2/3 Cup Seedless Raisins
1/2 Cup Sliced Blanched Almonds
1 Tablespoon Lemon Juice
4 Tablespoons Melted Butter or Margarine
3 Tablespoons Bread Crumbs

Preheat oven to 350 °F. In large bowl, beat eggs until foamy. Add brown sugar, nutmeg and cinnamon and continue beating until well mixed. Fold in noodles, raisins, almonds, lemon juice and melted butter or margarine. Pour into a 1 1/2 quart greased casserole

or ring mold. Sprinkle with bread crumbs. Bake for 50 minutes or until browned. Serves 6 to 8.

P

Chicken, Foods of the World, Main Dish, Seafood, the Mediterranean Countries

PAELLA (saffron rice with seafood and chicken)

Servings: 6

12 Medium-sized Canned Shrimp
7 Small Hard-shelled Clams
1/2 Pound Garlic-seasoned Smoked Pork Sausage
2 Pound Chicken, cut into serving-sized pieces
2 Teaspoons Salt
1 Dash Pepper
1/2 Teaspoon Garlic Powder
1/2 Cup Vegetable Oil
1/4 Pound Lean Boneless Pork, cut into
1/2 Inch Cubes
1/2 Cup Chopped Onions
1/2 Teaspoon Garlic Powder
1 Large Green Pepper, cleaned and cut into strips
1 Large Tomato, peeled and finely chopped
3 1/4 Teaspoons Garlic Powder
3 Cups Raw, long grain rice
1/4 Teaspoon Ground Saffron
6 Cups Water
3/4 Cup Frozen Peas, thoroughly defrosted

Drain and rinse shrimp; place in small bowl and set aside. Scrub clams with stiff brush under cold running water. Place clams on plate and set aside. Prick sausage in several places with a fork. Place in a large, heavy skillet and cover with cold water. Bring water to a boil, then reduce heat to low. Simmer sausages uncovered for 5 minutes. Drain sausages well and slice into rounds about 1/4 inch thick; set aside. Rinse chicken and pat dry with paper towels. Season with salt, pepper and garlic powder. Heat 1/4 cup oil in

large skillet until very hot (but not smoking). Add chicken pieces, a few at a time, and fry until golden brown. Remove browned pieces to a plate lined with paper towels and continue cooking the rest of the chicken. Add sausage slices to skillet and quickly brown; transfer to a plate with paper towels and drain. Remove oil from skillet and wipe skillet with paper towels. Add 1/4 cup fresh oil and heat until hot, but not smoking. Add pork cubes and brown quickly. Add onions, green peppers, tomatoes and garlic powder. Cook vegetables and meat, stirring constantly, until almost all of the liquid has evaporated. (This is called a sofrito.) Set aside. Preheat oven to 400 °F.*' In an ovenproof skillet or casserole which is at least 14 inches wide and 2 inches deep, add the sofrito, rice, remaining salt and saffron. Bring the 6 cups of water to a boil and pour into skillet. Bring mixture to a boil, stirring constantly. Remove from heat immediately and taste for seasonings. Arrange shrimp, clams, sausage and chicken over the top of the rice. Sprinkle peas over meats and seafood. Place pan or skillet on bottom rack in oven and bake for 25 to 30 minutes or until the liquid has been absorbed. (Do not stir the paella.) When paella is cooked, remove it from oven and place a clean kitchen towel over the top. Let rest about 5 minutes. Serve immediately. Serves 6.

* Note: All of the ingredients can be prepared a short time ahead. The oven should be preheated one half hour before the paella is to be served.

PAI-FAN (steamed rice)

Servings: 8

2 Cups Raw, long grain rice

3 1/2 Cups Cold Water

Rinse rice by placing it in a colander and running cold tap water over it for several minutes. Drain well.

Put 3 1/2 cups cold water and rice in heavy saucepan and bring to a boil. Boil 2 to 3 minutes.

Cover pan, reduce heat to low and simmer 20 minutes. Remove from heat and let rest 10 minutes. (Do not uncover pan.)

Remove cover and fluff rice with chopsticks or a fork. Serve immediately

Serves 6 to 8.

Bake Goods, Europe

PAIN (French bread—cool rise)

2 1/4 Cups Water

2 Tablespoons Butter or Margarine

6 1/2 Cups All-purpose Flour

2 Packages Active Dry Yeast

1 Tablespoon Sugar

1 Tablespoon Salt

Cornmeal

Vegetable Oil

Cold Water

1 Egg White

1 Tablespoon Water

In small saucepan, heat water and butter or margarine to 120 F. In large mixer bowl, combine 3 cups flour, yeast, sugar and salt. Add warm liquid and mix by hand or on medium speed of electric mixer for 3 minutes. Gradually add enough remaining

flour to form a stiff dough. Turn dough out onto lightly floured board or pastry cloth; knead until smooth and satiny, about 8 to 10 minutes. Place dough in a greased bowl, turning once to grease top. Cover and let rise in a warm place 30 minutes. Punch down and divide into 2 equal parts. Roll each into a 15 x 8 inch rectangle on a lightly floured board.

Beginning with long side, roll each up tightly, sealing edges and ends well. Place loaves seam side down, diagonally, on a lightly greased baking sheet which has been sprinkled with cornmeal. Brush with oil, cover. Refrigerate 2 to 24 hours. When ready to bake, preheat oven to 400 °F. Remove bread from refrigerator, uncover and let stand 10 minutes. Brush breads with slightly beaten egg white and water. Slash top of loaves diagonally at 2 inch intervals just before baking. Bake at 400 °F., 35 to 40 minutes.

Makes 2 loaves.

Foods of the World, the Mediterranean Countries

PANNE (Italian bread - cool rise)

4 1/2 Cups Unsifted All-purpose Flour (4 1/2 to 5 1/2)

1 Tablespoon Sugar

1 Tablespoon Salt

2 Envelopes Active Dry Yeast

1 Tablespoon Softened Butter or Margarine

1 3/4 Cups Very Warm Water (120 to 130 °f)

corn meal

vegetable oil

1 Egg White Mixed With

1 Tablespoon Cold Water

In large mixing bowl, combine 1 1/2 cups flour,

sugar, salt, and dry yeast. Work in butter or margarine. Gradually add warm water and beat 2 minutes on medium speed of electric mixer, scraping bowl occasionally. Add 3/4 cup flour and beat 2 more minutes on high speed. Stir in enough additional flour to make a stiff dough. Turn dough out onto lightly floured board or pastry cloth. Knead until smooth and elastic, about 8 to 10 minutes. Place dough in greased bowl and turn once to grease top. Cover with plastic wrap and a clean towel and let rest 20 minutes. Divide dough in half and shape into two long loaves. (Shape by rolling each piece into an oblong. Beginning at wide end, roll tightly, like a jelly roll and seal edges well.) Place loaves on lightly greased baking sheets which have been sprinkled with cornmeal. Brush loaves lightly with oil and cover with plastic wrap. Refrigerate dough 2 to 24 hours. When ready to bake, remove dough from refrigerator. Uncover dough carefully and let stand at room temperature 10 minutes. Meanwhile, preheat oven to 425 °F. Slash loaves 4 or 5 times with a sharp knife on the diagonal. Bake at 425 °F for 20 minutes. Remove from oven and brush with beaten egg white. Return to oven and bake an additional 5 to 10 minutes longer or until loaves are golden brown and sound hollow when tapped with the knuckles. Remove to cooling racks. Makes 2 loaves.

Yield: 2 loaves

Europe, Sides, Vegetables

PARSLEY BUTTERED POTATOES

Servings: 8

2 Tablespoons Butter or Margarine
fresh parsley, coarsely chopped

Carefully scrub potatoes. Remove one strip of peel around center of each potato. Place potatoes in a large pan filled with cold water. Bring to a boil.

Gently simmer 35 to 40 minutes or until potatoes are tender. Drain potatoes well. Add butter or margarine and parsley; stir gently until potatoes are coated.

Serve immediately. Serves 6 to 8.

* Red potatoes may be substituted for the new potatoes.

Asia, Dessert, Foods of the World

PASKHA (Easter cheesecake)

2 Cups Sweet Butter, softened
2 Cups Granulated Sugar
3 Pounds Pot Cheese
3 Egg Yolks
1 Can Orange Juice Concentrate, 6 ounce can thawed
1/3 Cup Toasted Slivered Almonds, chopped
1 Cup Chopped, mixed, candied fruit

In a large mixing bowl, cream butter and sugar until light and fluffy. Gradually beat in pot cheese and continue beating until mixture is very smooth and creamy. Add egg yolks, one at a time, beating constantly until well-blended. Add orange juice concentrate, almonds and candied fruit. Line a new 6 inch clay flower pot (one with a hole in the bottom) with several layers of cheesecloth.* Turn cheese mixture into pot and pack tightly. Cover with cheesecloth and place pot in a shallow pan. Put

weights on top. Refrigerate for 24 hours, pouring off the liquid which accumulates every few hours. To serve, unmold paskha onto a serving platter and remove cheesecloth. Garnish with candied fruits. Serves 18.

* Flower pot should have a 9 cup capacity.

Cakes, Cookies, Pies Candies

PASTRY

2 Cups Sifted All-purpose Flour

1 Teaspoon Salt

2/3 Cup Shortening

1/4 Cup Cold Water (1/4 to 1/3)

Preheat oven to 220 °C (425 °F).

Sift flour and salt into a large mixing bowl. Cut in shortening until particles are the size of coarse cornmeal. Sprinkle mixture with cold water, 15 mL (1 tablespoon) at a time, while tossing it lightly with a fork. Push dough against sides of bowl a few times so it holds together; shape into a ball. (Dough may be allowed to rest at this point, if desired.)

Divide dough into two portions. On a lightly floured pastry cloth or board, roll one portion of dough into a circle 2.5 cm (1 inch) larger than the pie plate and 3 mm (1/8 inch) thick. Carefully fit dough into pie plate without stretching. Trim excess dough, leaving a 1.5 cm (1/2 inch) overhang. If making a

one-crust pie, roll under edge and flute. Prick bottom and sides of crust.

Bake for 8 to 10 minutes or until golden brown. For a two-crust pie, roll out top crust and cut steam vents. Place filling in pie shell; moisten edge of bottom crust with water. Place top crust over filling and press gently around edge to seal. Fold top crust under bottom crust and flute. Bake as the recipe for the filling directs. Makes enough pastry for one double crust pie or two single crust pies.

PEANUT BRITTLE

2 Cups Sugar
1 Cup Water
1 Cup Light Corn Syrup
1/2 Teaspoon Salt
2 Cups Raw Spanish Peanuts
1 Tablespoon Butter or Margarine
1 Teaspoon Vanilla
1/2 Teaspoon Baking Soda

In a large, heavy saucepan, combine sugar, water and corn syrup. Cook mixture over low heat, stirring constantly, until sugar dissolves. Increase heat to moderate and bring syrup to a full boil. Cook, stirring occasionally, until candy thermometer reaches 112°C (234 °F). Add peanuts and salt; cook to 149 °C (300 F), stirring constantly. Remove from heat; add butter or margarine, vanilla and soda; stir well. Pour brittle onto 2 buttered baking sheets. Lift edges with spatula to partially cool

candy and to keep the candy from sticking to the pans. While warm, stretch candy to desired thinness. When cool, break into pieces. Makes about 900 g (2 pounds).

Yield: 2 pounds

Cakes, Cookies, Pies Candies, Our American Heritage

PECAN PIE

1 Unbaked Pastry Shell, 9 inch (See Chapter 16)

4 Eggs

1/3 Cup Light Brown Sugar, packed

1/4 Cup Melted Butter or Margarine

1 1/4 Cups Dark Corn Syrup

1/2 Teaspoon Salt

1 1/2 Teaspoons Vanilla

1 1/4 Cups Chopped Pecans

Preheat oven to 350 °F. In large mixing bowl, beat eggs and brown sugar together until blended. Add melted butter or margarine, corn syrup, salt, vanilla and chopped pecans, and mix thoroughly; pour into unbaked pie shell. Bake until filling is puffed and golden brown, about 35 to 40 minutes.

Serve pie slightly warm or cool and top with whipped cream. Makes one 9 inch pie.

Europe, Our American Heritage

PFLAIJMENKUCHEN (plum cake)

Cake:

1 1/4 Cups Sifted All-purpose Flour

1 Teaspoon Sugar

1 Teaspoon Baking Powder

1/2 Teaspoon Salt

1/2 Cup Butter or Margarine

1 Tablespoon Milk

1 Egg

3 Cups Purple Plum Halves

Topping:**1 1/2 Tablespoons All-purpose Flour****3/4 Cup Sugar****1/2 Teaspoon Cinnamon****2 Tablespoons Butter or Margarine**

Preheat oven to 350 °F. Sift flour, sugar, baking powder and salt onto a large piece of waxed paper; set aside. In large mixer bowl, cream butter or margarine until fluffy. Add dry ingredients and mix well. Gently beat milk and egg together until combined; add to flour-butter mixture. Press dough into a greased 8 inch square pan. Overlap plum halves in neat rows on top of dough; sprinkle with topping. Bake at 350 °F for about 45 to 50 minutes or until cake tests done. Serve warm or at room temperature with ice cream or whipped cream.

Combine flour, sugar and cinnamon in small mixing bowl. With pastry blender, two knives or fingers, cut in butter or margarine until mixture resembles coarse crumbs. Sprinkle topping over top of cake before baking. Serves 6 to 8.

Sides, the Mediterranean Countries

PILAV (rice pilaf)**3 Tablespoons Butter or Margarine****1 1/2 Cups Raw White Rice****3 Cups Chicken Stock****3/4 Teaspoon Salt****salt****pepper****6 Tablespoons Melted Butter or Margarine**

In heavy saucepan, melt 3 tablespoons butter or

margarine. Add rice and stir for several minutes to evenly coat rice with fat. (Do not let rice brown.) Add chicken stock and salt and pepper to taste. Bring mixture to a boil, stirring constantly. Cover pan and simmer rice slowly for 20 minutes or until all the liquid has been absorbed. Add melted butter or margarine, stir with a fork. Let rice stand, covered with a clean towel, for 20 minutes before serving. Serves 6 to 8.

Asia, Beef, Foods of the World

PIROZHKI (small pastries filled with meat)

Pastry

2 Cups All-purpose Flour

1/4 Teaspoon Salt

1/2 Cup Butter or Margarine, cut into small pieces

1/2 Cup Chilled Lard, cut into small pieces (or 1/2 cup vegetable shortening at room temperature)

4 Tablespoons Ice Water (4 to 6)

Filling:

2 Tablespoons Butter or Margarine

1 1/4 Cups Finely Chopped Onion

3/4 Pound Lean Ground Beef

1 Hard-cooked Egg, chopped

3 Tablespoons Chopped Fresh Dill

1 Teaspoon Salt

1 Dash Pepper

Sift flour and salt into mixing bowl. Using pastry blender, two knives, or fingers, cut in butter or margarine and lard until mixture resembles coarse cornmeal. Add ice water, stirring gently with fork, until dough forms a ball. Wrap dough in waxed paper and refrigerate at least one hour. On lightly floured board or pastry cloth, roll dough into a strip about 11

inches long and three inches wide. Fold the dough into thirds, turn pastry around, and again roll into a lengthwise strip about 11 inches by 3 inches. Fold into thirds,, turn and roll again. Repeat this process two more times, ending with folded dough. Wrap dough in waxed paper and refrigerate for at least 1 hour while filling is prepared.

Filling: In medium skillet, melt butter until foamy. Add onions and saute' until golden brown. Add meat. Cook over moderate heat, stirring occasionally, until no pink remains. On wooden cutting board, chop mixture as finely as possible or run through grinder with fine blade. In large bowl, mix meat with eggs, dill, salt and pepper. Preheat oven to 400 °F. On floured board or pastry cloth, roll dough to a thickness of 1/8 inch. With a floured 3 inch biscuit cutter, cut out as many rounds as you can. Reroll scraps. Place 2 tablespoons of filling in the center of each round. Fold one side to center. Fold two ends of dough about 1/2 inch toward center. Fold remaining edge to center and seal. Place pirozhki side by side, seam sides down, on lightly greased baking sheet. Bake about 30 minutes or until golden brown. Makes about 20.

PIROZHKI

Yield: 20 Pirozhi

Bake Goods, Foods of the World, the Mediterranean Countries

PITA (pocket bread)

5 Cups All-purpose Flour (5 to 6)

1 Package Active Dry Yeast

2 Cups Water
2 Tablespoons Sugar
2 Teaspoons Salt

In large mixing bowl, stir together 2 cups flour and yeast. Heat water, sugar and salt over low heat until warm (105 to 115°F) stirring to blend. Add liquid ingredients to flour mixture and beat until smooth, about 2 minutes on medium speed of electric mixer. Add 1 cup flour and beat 1 minute more. Stir in enough additional flour to make a moderately stiff dough. Turn dough out onto lightly floured board or pastry cloth and knead until smooth and satiny, about 18 to 20 minutes. Divide dough into 18 portions. Roll each to 3 inch circle. Place circles on lightly greased baking sheet. Cover with a clean towel and let rise in warm place until doubled, about 45 minutes. Bake on middle shelf of preheated 450 °F oven, 10 to 12 minutes or until lightly browned. Cool . Makes 18.

Dessert, Foods of the World, Latin America

PLATANOS TUMULTO (broiled bananas)

6 Firm, medium bananas
lemon juice
4 Tablespoons Butter or Margarine
1/4 Cup Light Brown Sugar, packed
3/4 Teaspoon Cinnamon

Preheat broiler. Peel bananas and slice in half, lengthwise. Place banana halves cut side up on broiler pan; sprinkle with lemon juice. Combine brown sugar and cinnamon in small bowl; cut in butter or margarine until mixture resembles large peas.

Sprinkle over banana halves. Place bananas 2 inches from heat and broil until sugar has melted. (Watch carefully.)

Notes: Serve immediately. Serves 6.

POACHED PEARS

Servings: 6

6 Firm, ripe pears

6 Whole Cloves

1 Cup Sugar

1 1/2 Cups Orange Juice

1 /2 Cup Lemon Juice

2 Sticks Cinnamon

Wash and peel pears; stud with whole cloves.

Combine sugar, juices and cinnamon in a large saucepan. Boil mixture for 5 or 6 minutes over moderate heat.

Add pears to syrup.

Reduce the heat and simmer pears until tender, about 20 to 25 minutes. Cool. Remove cinnamon sticks and cloves. Serve pears in individual dessert dishes with the syrup.

Serves 6.

Notes: The flavors of cinnamon, cloves and citrus compliment cooked pears.

Fish and Seafood

POACHED SALMON

2 Pound Piece of Salmon (2 to 3)

1 /2 Quarts Water, ¥

1 1/2 Tablespoons Salt

1/2 Cup Sour Cream

1 Teaspoon Prepared Mustard

1/2 Teaspoon Prepared Horseradish

1/4 Teaspoon Salt

1/4 Teaspoon Sugar
1/4 Teaspoon Dill Weed

Wrap salmon in cheesecloth; tie ends with string. In a large, shallow pan with a rack, heat water, lemon juice and salt to boiling. Place salmon on rack; cover pan with tightly fitting lid or aluminum foil. Simmer salmon at 100 to 112 °C (212 to 225 °F) for 5 minutes per 450 g (1 pound) or until fish flakes easily.

Carefully remove salmon from pan. Place on platter and remove cheesecloth. Serve immediately or chilled with dill sauce.

Dill Sauce: Combine sour cream, mustard, horseradish, salt, sugar and dill weed. Cover and chill. Serves 10.

Chicken, Foods of the World, Main Dish, the Mediterranean Countries

POLLO ALLA CACCIATORE (chicken hunter-style)

4 Pound Broiler
1/2 Cup All-purpose Flour
1 Teaspoon Salt
1/4 Teaspoon Pepper
5 Tablespoons Vegetable Oil
2 Medium Onions, chopped
1 Clove Garlic, finely minced
1 Cup Canned Whole Tomatoes
1 Cup Sliced Green Pepper
1 1/2 Cups Sliced Fresh or Canned Mushrooms
Salt
Pepper

Rinse chicken; pat dry with paper towels. Cut into serving-sized pieces. Combine flour, salt and pepper. Coat chicken pieces with seasoned flour. In large

skillet, heat oil until hot but not smoking. Add chicken pieces, a few at a time, and fry until golden brown. Combine onions, garlic, tomatoes and green peppers in a mixing bowl; add to chicken. Cover skillet and simmer chicken slowly until tender, about 40 minutes. Add mushrooms and simmer an additional 10 to 15 minutes. Taste; add additional seasonings if needed. Serve immediately. Serves 4 to 6.

Cakes, Cookies, Pies Candies, Latin America

POLVORONES (Mexican wedding cookies)

1/2 Cup Butter or Margarine
1/2 Cup Shortening
1 Teaspoon Vanilla
1/2 Cup Confectioner's Sugar
2 Cups All-purpose Flour, sifted
3/4 Cup Finely Chopped Nuts
confectioner's sugar

Preheat oven to 425 °F. In medium mixing bowl, cream butter or margarine, shortening and vanilla until fluffy. Mix the 1/2 cup confectioner's sugar, flour and nuts together; add to creamed mixture stirring to form a soft dough. Shape dough into small balls and place on ungreased baking sheet.

Bake cookies about 10 minutes, or until lightly brown.

Roll warm cookies in confectioner's sugar. Makes 2 dozen cookies.

Bake Goods

POPOVERS

1 Cup All-purpose Flour
1/2 Teaspoon Salt
1 Cup Milk

2 Large Eggs

Preheat oven to 200 °C (400 °F). Grease 6 custard cups.* Stir flour and salt together in mixing bowl; add milk and eggs. Beat mixture with a rotary beater until smooth. Pour into custard cups, filling each about two-thirds full.

Bake popovers until puffed and brown, about 30 minutes. Reduce heat to 180°C (350 F) and continue baking for another 15 minutes. Remove from custard cups and serve immediately. Makes 6 popovers.

* Deep muffin pans may be substituted for custard cups.

Chicken, Europe

POULET AU CITRON (chicken with lemon)

Servings: 6

2 Tablespoons Butter or Margarine
1 Tablespoon Vegetable Oil
2 Broilers, 2 pounds each, cut-up
3/4 Teaspoon Salt
pepper to taste
grated rind and juice of two lemons
2 Tablespoons Finely Chopped Parsley
1 Tablespoon Minced Chives
1 Teaspoon Marjoram
2 Teaspoons Paprika
2 1/2 Tablespoons Butter or Margarine
1 Cup Chicken Broth
2 Tablespoons Cornstarch
3 Tablespoons Cold Water

Preheat oven to 350 °F. Heat butter or margarine and oil together in large skillet. Brown chicken pieces.

Place chicken and remaining cooking fat in a large casserole or baking pan. Season with salt and pepper and sprinkle with lemon juice and rind. Cover pan tightly, and bake chicken until tender, about 45 minutes. Remove cover. Add parsley, chives, marjoram and paprika. Dot chicken with butter or margarine and place under broiler to crisp skin.

Remove chicken to a heated platter. Pour juices into a small saucepan. Add chicken broth and bring to a boil. Quickly whisk in cornstarch dissolved in cold water. Simmer sauce until thickened, about 2 minutes.

Serve with chicken. Serves 6.

Bake Goods, Foods of the World, the Mediterranean Countries

PSOMI (Greek bread)

3 3/4 Cups All-purpose Flour (3 3/4 to 4 1/4)

1 Package Active Dry Yeast

1/3 Cup Milk, ¥

2 Tablespoons Sugar

1 Tablespoon Plus 1 Teaspoon Shortening

1 1/2 Teaspoons Salt

melted butter or margarine

sesame seeds

In large mixing bowl, combine 1 1/2 cups flour and yeast. Combine milk, sugar, shortening and salt in saucepan and heat until warm (110 to 115°F).

(Shortening does not need to be completely melted.)

Add warm milk mixture to yeast and flour. Beat on low speed of electric mixer (or with wooden spoon)

1/2 minute (75 strokes) scraping the sides of the bowl often. Beat an additional 3 minutes at high speed

(900 strokes). Add enough additional flour to make a soft dough. Turn dough out onto lightly floured board or pastry cloth and knead until smooth and elastic (about 8 to 10 minutes). Place dough in lightly greased bowl, turning once to grease top. Cover with a clean towel and let rise in a warm place until doubled in bulk (about 1 1/2 hours). Punch dough down and divide in half. Shape each half into a round loaf. Place loaves on a lightly greased baking sheet. Brush tops with melted butter or margarine and sprinkle with sesame seeds. Cover with a clean towel and let rise in a warm place until almost doubled in bulk (about 1 hour). Bake loaves at 375 °F until they are golden brown and sound hollow when gently tapped with the knuckles. Remove breads to cooling racks and cool thoroughly before storing. Makes 2 loaves.

Yield: 2 loaves

Asia, Foods of the World

PULAO (rice)

To prepare rice for cooking, remove and discard any small stones and husks. Wash rice thoroughly under cold running water. When the water runs clear, leave the rice to soak for 30 minutes to 1 hour. Drain well.

Place the rice and salt in a saucepan. Add enough cold water to cover the rice by 1/2 inch. Bring the water to a boil, cover the pan and reduce the heat to very low. Cook rice for 15 to 20 minutes, or until the rice is cooked and all the water has been absorbed.

Europe, Our American Heritage

PUMPERNICKEL (rye bread from Westphalia)

6 Cups Unsifted All-purpose Flour
2 Cups Unsifted Rye Flour
4 Teaspoons Salt
2/3 Cup Whole Bran Cereal
1/2 Cup Yellow Cornmeal
1 Package Plus 1 Teaspoon Active Dry Yeast
2 1/4 Cups Plus 1 Tablespoon Water
3 Tablespoons Dark Molasses
1 1/2 Squares Chocolate Unsweetened (1 ounce)
2 1/2 Teaspoons Softened Butter, or margarine
1 1/3 Cups Mashed Potatoes (at room temperature)
1 1/2 Teaspoons Caraway Seeds

Combine all-purpose and rye flours. In a large mixing bowl, combine 1 1/2 cups of the flour mixture, salt, bran cereal, cornmeal and dry yeast; mix well. In a large saucepan, combine water, molasses, chocolate and butter or margarine. Heat over low heat until liquid is very warm (120 °F to 130 °F). (The butter or margarine and chocolate do not have to be completely melted.) Gradually add liquid ingredients to dry ingredients and beat 2 minutes with an electric mixer, at medium speed, scraping bowl occasionally.

Add potatoes and 1 cup flour mixture. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in caraway seeds and enough additional flour mixture to make a soft dough. Turn dough out onto lightly floured board or pastry cloth. Knead until smooth and elastic, about 15 minutes. Place dough in greased bowl, turning once to grease top. Cover with a clean towel and let rise in a warm place until doubled in bulk, about 1 hour. Punch dough down and let rise again for 30 minutes. Punch down, and turn out onto lightly floured board or cloth. Divide dough in half and shape each half into a round ball. Place shaped

dough in two 8 or 9 inch round cake pans which have been greased. Cover with a clean towel and let rise in a warm place until doubled in bulk, about 45 minutes. Bake breads at 350 °F about 50 minutes or until loaves sound hollow when tapped with the knuckles. Remove bread from pans to cooling racks. Cool. Makes 2 loaves.

Cakes, Cookies, Pies Candies

PUMPKIN CHIFFON PIE

1 Envelope Unflavored Gelatin
3/4 Cup Light Brown Sugar, divided
2 Teaspoons Cinnamon
3/4 Teaspoon Nutmeg
3/4 Teaspoon Ginger
3/4 Cup Evaporated Milk
3 Eggs, separated
1 1/4 Cups Canned Pumpkin
Baked 9 Inch Pastry Shell

In medium saucepan, combine unflavored gelatin, 125 mL (1/2 cup) brown sugar, cinnamon, nutmeg and ginger. Combine evaporated milk and egg yolks in a small bowl; add to dry ingredients in saucepan, stirring well to mix. Let mixture stand two minutes. Place saucepan over low heat. Stirring constantly, cook mixture until gelatin dissolves and custard thickens slightly; about 5 to 7 minutes. Remove custard from heat; add pumpkin. Chill filling, stirring occasionally, until it mounds when dropped from a spoon. In large mixer bowl, beat egg whites until soft peaks form. Gradually add remaining 50 mL (1/4 cup) brown sugar and beat until stiff. Fold

beaten egg whites into pumpkin mixture. Turn into pastry shell and refrigerate until firm. Garnish with whipped cream and chopped nuts, if desired. Makes one 23 cm (9 inch) pie.

Cakes, Cookies, Pies Candies, Our American Heritage

PUMPKIN PIE

Servings: 6

1 Unbaked Pastry Shell, 9 inch
2 Eggs
1 Cup Light Brown Sugar, packed
2 Cups Canned Pumpkin
1 1/2 Cups Light Cream, or evaporated milk
1/2 Teaspoon Salt
1 Teaspoon Cinnamon
1/2 Teaspoon Ground Cloves
1 /2 Teaspoon Ginger
1/2 Teaspoon Nutmeg

Preheat oven to 450 °F. In large mixing bowl, beat eggs slightly; add remaining ingredients and mix well.

Pour custard into pastry shell. Bake 10 minutes; reduce temperature to 300 °F and continue baking until knife inserted in center comes out clean, about 40 to 50 minutes. Cool.

Serve with whipped cream.

Makes one 9 inch pie.

Yield: 1 9" Pie

R

Asia, Foods of the World, Salads, Salads Dressings

RAITA (yogurt with cucumber and tomato)

3 Medium Cucumbers
3 Tablespoons Chopped Onions

3 Tablespoons Salt
3 Medium Firm Ripe Tomatoes
3 Tablespoons Chopped Coriander
3 Cups Plain Yogurt
3 Teaspoons Cumin

With a small sharp knife, peel cucumbers. Slice them lengthwise into halves. Scoop out the seeds. Make lengthwise slices about 1/8 inch thick. Then cut slices crosswise into 1/2 inch pieces.

In medium mixer bowl, combine cucumbers, onions and salt and mix thoroughly. Let rest at room temperature for five minutes. Squeeze gently to remove the excess liquid and transfer to a clean bowl. Add the tomato and coriander and toss together thoroughly. Combine the yogurt and cumin. Pour over the vegetables.

Refrigerate
until ready to serve. Serves 6 to 8.

Dessert, Foods of the World, Latin America

RASILEIRAS (coconut cookies)

1 Cup Granulated Sugar
1/2 Cup Water
4 Egg Yolks, slightly beaten
1/4 Cup All-purpose Flour
2 1/4 Cups Freshly Grated Coconut, or packaged coconut
1/2 Teaspoon Vanilla

In heavy saucepan, combine sugar and water. Cook over moderate heat, stirring until sugar dissolves.

Cook syrup undisturbed until candy thermometer reads 230 °F. (A small amount of syrup dropped into ice water

should immediately form a hard thread.)

In small mixer bowl, combine egg yolks and flour until well blended. Add 2 tablespoons of the hot syrup, stirring constantly. Slowly add this mixture to the syrup remaining in the pan, stirring constantly.

Add coconut and simmer over low heat, stirring constantly, until mixture becomes thick. (Do not let it boil.) Remove from heat and quickly stir in vanilla.

Let mixture cool to room temperature. Preheat oven to 375 °F. Shape cookie dough into small balls.

Arrange balls 1 inch apart on lightly greased baking sheets. Bake 15 minutes or until cookies are a delicate golden brown. Remove to wire racks to cool.

Yield: 3 dozens

Notes:

Makes about 3 dozen cookies.

Europe, Vegetables

RATATOUI LLE (Mediterranean vegetable casserole)

Servings: 8

1 Medium Eggplant
1 Tablespoon Salt
1/4 Cup Vegetable Oil
1 1/2 Large Onions, cut into rings
2 Cloves Garlic, crushed
2 Green Peppers, cut into strips
3 Medium Zucchini, cut into bite-sized pieces
2 Medium Tomatoes, cut into wedges
1 Bay Leaf
1/2 Teaspoon Thyme
1/4 Teaspoon Salt
pepper to taste

Cut eggplant first into thick slices and then into

bite-sized pieces. Sprinkle with salt and let eggplant stand 30 minutes. Rinse and pat dry with paper towels. In a large skillet, heat oil. Saute onions and garlic until golden. Add green pepper strips and cook for 2 minutes. Add eggplant and cook for 3 minutes, stirring constantly. Add zucchini and continue stirring and cooking another 3 minutes. Add tomatoes and seasonings. Simmer uncovered for 40 minutes or until vegetables are tender. Remove bay leaf.

Notes: Ratatouille can be served immediately or refrigerated and reheated later. Serves 6 to 8.

Bake Goods

REFRIGERATOR ROLLS

3/4 Cup Milk
1/4 Cup Sugar
1/4 Cup Shortening
1/2 Teaspoon Salt
1 Package Dry Yeast
1/4 Cup Warm Water
1 Egg, beaten
3 Cups All-purpose Flour (3 to 3 1/2)

Scald milk in small saucepan; add sugar, shortening and salt and pour into large mixing bowl. Cool to lukewarm, 27 to 29 °C (80 to 85 °F). Soften yeast in warm water, 43 to 46 °C (110 to 115 °F).

To the cooled milk, add the softened yeast, egg and half of the flour; beat until smooth. Add enough flour to make a soft dough. Turn dough out onto a lightly floured board or pastry cloth. Knead about 5 minutes. (Dough should leave no impression when pressed with fingers.) Place dough into a greased bowl; turn once to

grease top. Cover with plastic wrap and place in the refrigerator. Dough may be stored for up to 4 days.

To bake rolls, take dough from refrigerator and shape into rolls. Place rolls on baking sheets and let rise until doubled in bulk, about 2 hours. Bake at 200 C (400 °F) for 12 to 15 minutes or until golden brown. Serve immediately. Makes 18 rolls.

Chicken, Foods of the World, Main Dish, the Mediterranean Countries

ROASTED CHICKEN

Servings: 8

3 Whole Roasting Chickens, 2 pounds each
butter or margarine, softened
salt and pepper

Preheat oven to 350 °F. Remove heart, liver and giblets from chickens. Rinse chickens under cool running water. Pat dry with paper towels. Place breast side up on rack in roasting pan. Rub skin with butter or margarine. Sprinkle with salt and pepper. Roast, uncovered, about 1 1/2 hours or until juices run clear and drumstick moves easily. Serves 8.

Beef, Main Dish

ROLLED BEEF RIB ROAST

Servings: 8

4 Pound Rolled Beef Rib Roast (2 kg rolled beef rib roast)
Salt
Pepper

Preheat oven to 160 C (325 F).

Season roast with salt and pepper. Place roast, fat side up, on a rack in a shallow roasting pan. Insert meat thermometer so that the bulb touches the center of the largest muscle. Roast uncovered until the desired degree of doneness is reached. (See chart 12-2.) Remove from oven and let roast stand 10 to 15 minutes before carving. Serves 8.

Europe, Sides, Vegetables

ROTKOHL (red cabbage)

1 Head Red Cabbage (about 2 pounds)
3/4 Cup Water
1/4 Cup Light Brown Sugar
3 Tablespoons Vinegar
3 Tablespoons Bacon Drippings
1 1/2 Teaspoons Salt, ¥
1 1/2 Teaspoons All-purpose Flour
1/8 Teaspoon Allspice
4 Whole Cloves
1 Dash Pepper

Coarsely shred cabbage. Put water into 2 to 3 quart saucepan and bring to a boil. Add cabbage, cover, and bring water again to a boil. Reduce heat and gently simmer cabbage until tender, about 10 minutes.

Drain cabbage well.

Combine sugar, vinegar, bacon drippings, salt, flour, allspice, cloves and pepper.

Pour sauce over cabbage; toss well and serve. Serves 6 to 8.

Bake Goods, Our American Heritage

RYE BREAD

2 Cups Unsifted All-purpose Flour
1/3 Cup Brown Sugar, firmly packed
1 Tablespoon Salt
1 Teaspoon Caraway Seeds
1/2 Teaspoon Baking Soda
2 Packages Active Dry Yeast
1 Cup Buttermilk
1/4 Cup Dark Molasses
1/4 Cup Shortening
1 Cup Warm Water
4 Cups Rye Flour (4 to 4 1/2)

In large mixing bowl, combine all-purpose flour, brown sugar, salt, caraway seeds, soda and dry yeast.

Mix well. In small saucepan, heat buttermilk, molasses and shortening until very warm (120 to 130 °F).

Add warm water and milk mixture to dry ingredients blending at lowest speed of electric mixer until

moistened. Beat at medium speed 3 minutes. By hand, stir in enough rye flour to make a stiff dough.

Turn out onto lightly floured board or pastry cloth.

Knead until smooth and elastic, about 5 minutes. Place in greased bowl, turning once to grease top.

Cover with a clean towel and let rise in warm place until doubled in bulk, 1 to 1 1/2 hours. Punch down.

Shape into two round loaves. Place on lightly greased baking sheet. Cover with a clean towel and let rise in a warm place until doubled in bulk, about 1 hour.

Bake in a preheated 350 °F oven for 45 to 50 minutes or until loaves test done. Cool. Makes 2 loaves.

SALADE VERTE (green salad)

Tear a variety of salad greens into bite-sized pieces.
Toss greens together in a salad bowl with oil and vinegar dressing.

Oil and vinegar dressing:

1 Tablespoon Lemon Juice

1 Tablespoon White Wine Vinegar

salt

pepper

6 Tablespoons Olive or Vegetable Oil (6 to 8)

In small bowl, whisk together lemon juice, wine vinegar and salt and pepper to taste. Add oil, a few drops at a time while beating. Continue to beat dressing with whisk until all of the oil has been absorbed. Shake dressing well before using.
Makes 1 cup dressing.

Salads, the Mediterranean Countries

SALATA JHORIATIKI (rural salad)

Servings: 8

6 Cups Assorted Salad Greens

3 Medium Tomatoes, washed and cut into wedges

1/2 Cup Chopped Green Onion

1 Medium Cucumber, washed and sliced thinly

1/3 Cup Oil (part Olive, part corn)

2 Tablespoons Lemon Juice

2 Teaspoons Sugar

1/2 Teaspoon Salt

few dashes pepper

6 Ounces Feta Cheese

1 Can Flat Anchovy Filets, drained, 2 ounces

2/3 Cup Whole Pitted Ripe Olives

crumbled dry oregano

Wash and dry greens; pat dry and refrigerate until ready to use. Prepare other vegetables. In large salad

bowl combine greens with tomatoes, onions and cucumber. In small bowl mix oil, lemon juice, sugar and salt with pepper to taste. Toss with greens mixture. Crumble cheese coarsely and sprinkle over salad. Wrap each anchovy around an olive and place inside ring of cheese. Sprinkle oregano over all. Toss salad and serve. Serves 6 to 8.

Foods of the World, Main Dish, Our American Heritage, Seafood

SALMON STEAKS WITH DILL SAUCE

1 Teaspoon Dehydrated Minced Onion
1 Teaspoon Chicken Bouillon Granules
1/2 Tablespoon Lemon Juice
1 Teaspoon Dill Weed
2 Cups Water
6 Salmon Steaks (about 1/2 Pound Each)
2 Tablespoons Butter or Margarine
2 Tablespoons All-purpose Flour
3/4 Cup Heavy Cream
1/4 Cup Sour Cream
2 Teaspoons Dill

In large skillet, combine onion, bouillon granules, lemon juice, dill weed and water. Bring to a boil; add salmon steaks. Reduce heat and cover pan tightly.

Simmer steaks over low heat about 8 to 10 minutes or until fish flakes easily with a fork. Remove salmon to a heated platter and keep warm. Reserve poaching liquid.

Melt butter or margarine in skillet. Add flour, stirring constantly to form a smooth paste. Add cream slowly, stirring constantly until smooth. Add 1/4 cup poaching liquid and cook sauce over low heat until smooth and

bubbly. Remove from heat and quickly stir in sour cream and dill. Pour sauce over salmon steaks and serve immediately. Serves 6.

Asia, Dessert, Foods of the World

SAMOSAS (stuffed savory pastries)

Pastry:

1 1/2 Cups All-purpose Flour, sifted

1 Tablespoon Vegetable Oil

3/4 Teaspoon Salt

1/2 Cup Warm Water

Filling:

1 Tablespoon Ghee

1 Clove Garlic, chopped

1 Teaspoon Chopped Ginger Root

1 Medium Onion, chopped

1/2 Pound Lean Ground Beef

1/2 Cup Hot Water

1 Teaspoon Garam Masala

1 Tablespoon Fresh Coriander or Mint

1 Medium Onion, chopped

Vegetable Oil for Frying

Pastry

In medium mixer bowl, blend ingredients until soft dough forms. Turn dough out onto lightly floured board. Knead until dough is smooth and elastic, about 10 minutes. Cover and set aside while preparing filling.

In large skillet, heat 1 tablespoon ghee, garlic, ginger root and onion. Add ground beef and saute' until meat no longer is pink. Add hot water. Cover and cook mixture until meat is tender and water is absorbed. Remove from heat and season' with garam masala, coriander or mint, and onion. Using fingers, shape small balls of dough and roll each into a flat

disk about the size of a saucer. Cut each circle in half. Place 1 teaspoon of filling on one side of each half-circle. Moisten the edge with water. Fold dough over and press edges together to form a triangle. Heat vegetable oil in a deep saucepan. Fry samosas, a few at a time, until golden brown. Drain on absorbent paper. Serve immediately. Makes about 30.

Foods of the World, the Mediterranean Countries

SANGRIA (mock red wine punch)

Servings: 6

1 Lemon Cut Into Slices
1 Orange Cut Into Slices
1 Lime Cut Into Slices
2 Bottles Red Grape Juice, well-chilled
1 Bottle Club Soda, well-chilled
Ice Cubes

In large pitcher, combine fruits and grape juice. Refrigerate until ready to serve. Just before serving, add club soda. Serve sangria immediately over ice. Serves 6 to 8.

Beef, Europe

SAUERBRATEN (marinated beef in sweet sour sauce)

1 Cup Water
1 Cup Vinegar
1/2 Cup Brown Sugar, firmly packed
2 Teaspoons Salt
1 Teaspoon Peppercorns
1/2 Teaspoon Pepper
3 Bay Leaves
1 Medium Onion, sliced
4 Pound Beef Rump Roast
1 Tablespoon Shortening
1/4 Cup Seedless Raisins
6 Gingersnaps, broken

1 Cup Sour Cream

In a 2 to 3 quart saucepan combine water, vinegar, one-half of the sugar, salt, peppercorns, pepper, bay leaves and onion and bring to a boil. Remove marinade from heat and let cool to room temperature.

Place roast in a deep crock or a deep stainless steel (or enameled) pot large enough to hold the meat and marinade. Pour the cooled marinade over the meat. Cover the pan tightly and refrigerate for 24 to 48 hours, turning meat occasionally. Remove meat and pat dry with paper towels. Melt shortening in a large Dutch oven at 325 to 350 °F. Add meat and brown on all sides. Add marinade. Cover and simmer meat until tender, about 2 hours. Take meat from Dutch oven and slice; keep warm.

Meanwhile strain liquid.

Add remaining sugar to Dutch oven. Add strained marinade gradually and stir until sugar dissolves. Add raisins and gingersnaps. Cook sauce until smooth and thick, about 5 minutes, stirring constantly. Blend in sour cream. Do not let sauce boil. Serve sauce over sliced meat. Serves 8 to 10

Beef, Main Dish, Our American Heritage

SAUERBRATEN WITH GINGERSNAP GRAVY

5 Pound Chuck Roast
1/4 Cup Vegetable Oil
1 Small Onion, peeled and sliced
2 Teaspoons Salt
2 Tablespoons Mixed Pickling Spice
1 Cup Red Wine Vinegar
1/2 Cup Light Brown Sugar
3 Cups Water

12 Gingersnaps, crumbled

Brown roast slowly on all sides in oil; pour off excess fat. Add onion, salt, spices, wine vinegar, brown sugar and water. Cover; simmer meat 4 hours or until tender. Remove roast; keep warm.

Strain pan juices. Return 4 cups of juices to kettle. Add gingersnaps. Cook sauce, stirring constantly, until smooth and slightly

Fish and Seafood, Grill Broil

SCALLOP KABOBS

Servings: 6

1 Pound Scallops, fresh or frozen
1 Can Pineapple Chunks
drained
1 Can Button Mushrooms, 13 1/2 ounces
1 Green Pepper
1/4 Cup Melted Fat or Oil
1/4 Cup Lemon Juice
1/4 Cup Chopped Parsley
1/4 Cup Soy Sauce
1/2 Teaspoon Salt
1 Dash Pepper
12 Slices Bacon

Thaw scallops if frozen. Rinse with cold water.

Cut green pepper into 2.5 cm (1 inch) squares. Place pineapple chunks, mushrooms, green pepper squares and scallops in bowl.

Combine oil, lemon juice, parsley, soy sauce, salt and pepper. Pour sauce over scallop mixture; let stand for 15 to 30 minutes, stirring occasionally.

Fry bacon until cooked but not crisp; cut each slice in half.

Fill long skewers by alternating scallops, pineapple, mushrooms, green pepper and bacon.

Cook about 10 cm (4 inches) from moderately hot coals or broil. Baste with sauce.

Turn and cook for 5 to 7 minutes longer or until bacon is crisp. Serves 6.

Bake Goods, Europe

SCONES

2 1/2 Cups All-purpose Flour
2 1/2 Teaspoons Baking Powder
1 Teaspoon Salt
1 Tablespoon Sugar
3 Tablespoons Butter or Margarine
1 Egg
1 Cup Milk

Preheat oven to 400 °F. Grease a baking sheet and set aside. In a large bowl, combine the dry ingredients.

Cut in butter or margarine until mixture resembles coarse cornmeal. Beat the egg until frothy, reserving 1 tablespoon. Add the milk to the beaten egg and pour into the flour mixture. Stir dough lightly with a fork until it forms a soft ball.

On a floured board, roll the dough to a thickness of 1/4 inch. Cut into rounds with a floured biscuit cutter. Place the rounds about 1 inch apart on the baking sheet; brush the tops with the

reserved beaten egg. Bake scones for 15 minutes or until light brown. Serve at once. Makes 12 scones.

Yield:

1 teaspoon salt

1 tablespoon sugar

3 tablespoons butter or margarine

1 egg

1 cup milk

Foods of the World, Main Dish, the Mediterranean Countries

SHISH KEBABS (lamb kebabs)

2 Large Onions

4 Tablespoons Vegetable Oil

1/2 Cup Lemon Juice

2 Tablespoons Salt

1 Teaspoon Pepper

1/2 Teaspoon Garlic Powder

4 Pounds Lean, boneless lamb cut into 2 inch cubes

2 Large Tomatoes, quartered

2 Large Green Peppers, cut into chunks

1/4 Cup Light Cream

Remove papery covering from onions and slice into rings. Put onion rings into deep pan. Add oil, lemon juice, salt, pepper and garlic powder. Add lamb cubes to marinade and stir well. Cover and place in refrigerator for at least 4 hours, turning lamb occasionally. Preheat broiler. Thread lamb cubes on eight long skewers. Thread tomato quarters and green pepper chunks on two more skewers. Place skewers of meat side by side along the length of a deep roasting pan. Brush meat with cream. Broil 4 inches from the heat, turning occasionally, until meat reaches the desired degree of doneness, about 10 minutes for pink lamb and 15 minutes for well-done lamb. Add vegetables to roasting pan about a third of the way through the cooking period. Watch carefully and

remove when tender. Serve kebabs with broiled vegetables and pilav. Serves 8.

Cakes, Cookies, Pies Candies, Our American Heritage

SHOOFLY PIE

1 Unbaked Pastry Shell, 9 inch
1 1/2 Cups All-purpose Flour
1/2 Cup Butter or Margarine
1 Cup Light Brown Sugar, packed
1 Teaspoon Baking Soda
1 Cup Boiling Water
1/2 Cup Molasses
1/2 Cup Honey

Preheat oven to 375 °F. Sift flour into large mixing bowl. Cut in butter or margarine with pastry blender or two knives until mixture resembles small peas.

Stir in sugar and set aside. Dissolve soda in boiling water. Then add molasses and honey.

Pour into pastry-lined pie plate with fluted edge. Sprinkle the flour mixture over the top. Bake pie at 375 °F for 10 minutes.

Reduce heat to 350 °F and continue baking another 25 to 30 minutes or until the filling has set.

Cool completely before serving. Makes one 9-inch pie.

Cakes, Cookies, Pies Candies

SHORTENED CAKE (Conventional Method)

1 Cup Butter or Margarine
2 Cups Sugar
3 Cups Sifted Cake Flour
1 Tablespoon Baking Powder
1/4 Teaspoon Salt
4 Eggs

1 Cup Milk
1/2 Teaspoon Vanilla

Preheat oven to 180 C (350 F). Grease and lightly flour three 23 cm (9 inch) layer pans; set aside.

In large mixer bowl, cream butter or margarine until light. Gradually add sugar, creaming until mixture is light and fluffy (about 10 minutes on an electric mixer). Sift dry ingredients together. Add eggs to creamed butter and sugar, one at a time, beating well after each addition. Add vanilla to milk. Add flour mixture alternately with milk mixture beginning and ending with the flour mixture. Beat batter after each addition until smooth. Pour batter into prepared pans. Bake 25 to 30 minutes or until lightly browned and cake springs back when lightly touched. Cool layers in pans for 10 minutes, then turn out onto cooling racks to thoroughly cool. Makes three 23 cm (9 inch) layers.

Cakes, Cookies, Pies Candies

SHORTENED CAKE (Quick Mix Method)

2 1/4 Cups Sifted Cake Flour
1 1/2 Cups Sugar
1 Tablespoon Baking Powder
1/2 Teaspoon Salt
1/2 Cup Shortening
1 1/2 Teaspoons Vanilla
1 Cup Milk
2 Eggs

Preheat oven to 180 °C (350 °F). Have all ingredients at room temperature. Lightly grease and flour two 20 cm (8 inch) round layer pans or one 33 by 21 cm (13 by 9 inch) oblong pan. Sift flour, sugar, baking powder and salt together into mixing bowl. Add shortening, vanilla and about two-thirds of the milk. Beat at medium speed with an electric mixer for 2 minutes or 200 strokes by hand. Add remaining milk and eggs; beat an additional 2 minutes or 300 strokes by hand, scraping the bowl often. Pour batter into prepared pans, spreading batter toward the edges, leaving a slight depression in the center. Bake layers 30 to 35 minutes and oblong cake 40 to 45 minutes. Makes two 20 cm (8 inch) round layers or one 33 by 21 cm (13 by 9 inch) cake.

Europe, Foods of the World

SILL MED KREMSAUS (herring in cream sauce)

2 1/2 Cups Coarsely Chopped Herring, ¥ (salt, pickled or Bismark herring)
2 Tablespoons Finely Chopped Onion
2 Tablespoons Fresh Dill, divided in half
salt
pepper
1 1/2 Tablespoons White Wine Vinegar
2 Chilled Hard-cooked Egg Yolks
1 Teaspoon Prepared Mustard
1 1/2 Tablespoons White Wine Vinegar
3 Tablespoons Vegetable Oil
1 1/2 Tablespoons Heavy Cream (1 1/2 to 3 1/2)

In small mixing bowl, combine herring, onion, 1

tablespoon dill, salt and pepper to taste, and 1 1/2 tablespoons white wine vinegar; set aside. In another bowl, mash egg yolks with a wooden spoon. Add remaining vinegar, oil and prepared mustard, beating until smooth. Gradually add cream, beating constantly, until sauce is the thickness of heavy cream.

Pour sauce over herring mixture and refrigerate, covered, at least two hours. Garnish with remaining fresh dill just before serving. Serves 6.

Asia, Foods of the World, Sides

Snow Peas

Servings: 6

1 1/2 Pounds Snow Peas (or two 10 ounce packages

frozen snow peas)

water

salt

Snap ends from fresh snow peas and remove center rib. Rinse in cool water. In medium saucepan, bring small amount of salted water to a boil. Add snow peas and return water to a boil. Simmer peas until crisp-tender. Drain and serve immediately. Serves 6.,

Dessert

SOFT CUSTARD

1 Cup Milk

1 Large Egg

2 Tablespoons Sugar

1/4 Teaspoon Vanilla

Scald milk. Beat egg until blended; add sugar. Slowly add milk to egg mixture. Pour custard into the top of a double boiler. Set pan over gently simmering water. (Water

should not touch the bottom of the pan.) Stirring constantly, cook custard until it coats the back of a metal spoon. Remove from heat immediately. Place pan in a bowl of ice water; stir until custard is cool. Add vanilla. Refrigerate in a tightly covered container. Makes 375 mL (1 1/2 cups) custard.

Yield: 1 1/2 cups

Deep-fry, Dessert, Our American Heritage

SOPAPILLAS

2 Cups All-purpose Flour
3 Teaspoons Baking Powder
1/2 Teaspoon Salt
1 Tablespoon Shortening
1/2 Cup Lukewarm Water
shortening or oil for frying

In large mixing bowl, sift dry ingredients together. Cut in shortening until mixture resembles coarse cornmeal. Add water gradually, stirring with a fork until dough clings together. Turn dough out onto lightly floured board or pastry cloth. Knead until smooth. Divide dough in half. Let rest for 10 minutes.

Roll each half into a 10 x 12 inch rectangle about 1/8 inch thick. Cut into 2 inch squares. In deep fat fryer or large saucepan, heat shortening or oil until it reaches 375 °F. Add sopapillas, a few at a time.

Fry about 1/2 minute on each side. Serve warm with butter and honey or sprinkle with confectioner's sugar. Makes about 4 dozen pastries

Yield: 4 dozens

Foods of the World, Soup, Chowder, Stew, the Mediterranean Countries

SOUPA AVGOLEMONO (egg-lemon soup)

8 Cups Chicken Broth
1/2 Cup Raw White Rice
3 Eggs
2 Tablespoons Lemon Juice (2 to 3)
salt
pepper
finely chopped parsley

In a large saucepan, bring chicken broth to a boil. Add rice and simmer until tender. Drain excess chicken broth from rice and set aside. Put eggs and lemon juice into blender container. Cover and process at high speed until frothy. Remove cover and slowly pour the hot chicken broth into the egg mixture while processing at low speed. Pour soup into saucepan with rice. Cook over low heat until thoroughly heated. Do not let soup boil. Season soup with salt and pepper. Serve immediately garnished with parsley. Serves 6 to 8.

Europe, Soup, Chowder, Stew

SOUPE A L'OIGNON (onion soup)

5 Medium Onions (5 to 6)
3 Tablespoons Butter or Margarine
2 Tablespoons All-purpose Flour
salt and pepper to taste
6 Cups Beef Broth
6 Thick Slices French Bread
1/3 Cup Grated Parmesan Cheese
3/4 Pound Swiss Cheese, grated

Clean onions; cut into thin slices. In a large, heavy skillet, melt butter or margarine. Add onions and saute until golden brown and transparent (about 10 minutes). Add flour, stirring

constantly to form a smooth paste. Cook for a minute or two. Add salt and pepper. Slowly stir in beef broth. Bring soup to a boil, reduce heat and simmer for 30 minutes.

Toast bread slices in the oven. Place one piece of bread in six ovenproof soup bowls or use one large tureen; sprinkle with Parmesan cheese. Preheat broiler. Pour soup over bread. Sprinkle Swiss cheese on top. Place soup bowls under broiler and broil until cheese is light brown. Serve soup immediately. Serves 6.

Bake Goods, Our American Heritage

SOURDOUGH BREAD

Sour dough starter:

3 1/2 Cups Bread Flour, ¥

1 Tablespoon Sugar

1 Package Active Dry Yeast

2 Cups Warm Water

Sour dough bread:

3/4 Cup Milk

3 Tablespoons Sugar

1 1/4 Teaspoons Salt

2 Tablespoons Butter or Margarine

1/4 Cup Warm Water (105 to 115 °f)

1 Package Active Dry Yeast

1 Cup Sourdough Starter, ¥

5 Cups Unsifted All-purpose Flour (5 to 6)

In large bowl or crock, combine flour, sugar and yeast. Gradually add warm water, beating until smooth. Cover starter tightly and let stand in a warmplace for 2 days.

When ready to prepare bread, scald milk; add sugar, salt and butter or margarine and let stand until lukewarm. Warm large mixing bowl by rinsing it with hot water. In bowl, dissolve yeast in warm water. Add lukewarm milk mixture, starter and 2 1/2 cups

flour. Beat until smooth. Add enough additional flour to form a stiff dough

Turn out onto a lightly floured board or pastry cloth and knead dough until smooth and elastic, about 8 to 10 minutes. Cover dough with a clean towel and let rise in a warm place until doubled in bulk, about 1 hour.

Punch down and divide dough into three equal parts.

Shape each into a round loaf. Place on lightly greased baking sheet. Slash tops of loaves with sharp knife.

Cover with a clean towel and let rise in a warm place until doubled in bulk, about 1 hour. Bake at 400 °F for about 25 minutes or until loaves sound hollow when lightly tapped with the knuckles. Remove loaves from pans and place on cooling racks.

Makes 3 loaves.

Chicken, Main Dish, Our American Heritage

SOUTHERN FRIED CHICKEN with Gravy

Servings: 5

3 Pound Fryer, cut into pieces

1/2 Cup All-purpose Flour

1 Teaspoon Salt

1/4 Teaspoon Pepper

1/2 Cup Evaporated Milk

1 Egg

shortening or oil for frying

2 Tablespoons All-purpose Flour

1 Cup Light Cream

Wipe chicken pieces with a damp paper towel and pat dry. Combine flour, salt and pepper in shallow pan.

Beat milk and egg together in pie plate. Dip chicken pieces in seasoned flour, then in milk mixture, then in flour. Set aside until

all pieces are coated. In large, heavy skillet, heat shortening or oil until hot but not smoking. Add chicken pieces, a few at a time.

Brown all sides, turning occasionally. When all pieces have been browned, return them to the skillet. Reduce heat, cover tightly and cook chicken until tender, about 30 minutes. Remove cover the last 10 minutes to crisp chicken.

Remove chicken to a heated platter and keep warm while making the gravy.

Leave 2 tablespoons fat in the skillet. Stir in flour to form a smooth paste. Slowly add cream, stirring constantly.

Cook over low heat until thickened. Serve with chicken. Serves 5.

Parties and Picnics

SPECIAL BEEFBURGERS

Servings: 6

2 Pounds Ground Beef

2 Teaspoons Salt

1/4 Teaspoon Pepper

topping

Combine ground beef and seasonings. Shape into 6 to 8 patties 12 to 18 mm (1/2 to 3/4 inch) thick. Broil or grill patties 5 to 7.5 cm (2 to 3 inches) from the heat source for 8 to 10 minutes. Turn and broil 5 to 10 minutes longer, depending upon the degree of doneness desired. Serve each burger with 30 to 45 mL (2 to 3 tablespoons) of the topping of your choice.

Guacamole Topping: Mash one large avocado. Stir in 7 mL (1 1/2 teaspoons) lemon juice, 7 mL (1 1/2 teaspoons) grated onion, 1 mL (1/4 teaspoon) salt and 6 drops hot pepper sauce. Spoon on top of burgers and top with bits of tomato.

Blue Cheese-Sour Cream Topping: Mix 75 mL (1/3 cup) crumbled blue cheese with 175 mL (2/3 cup) sour cream and 30 mL (2 tablespoons) sliced green onion. Place a green pepper ring on each burger and fill center with topping.

Festive Olive Topping: Combine 75 mL (1/3 cup) sliced, stuffed green olives cut in half, 75 mL (1/3 cup) pitted ripe olives cut in half, 45 mL (3 tablespoons) mayonnaise and 45 mL (3 tablespoons) sour cream. Mix lightly. Spoon on top of burgers.
Serves 6 to 8.

Fruits and Vegetables, Our American Heritage, Sides, Vegetables

SQUASH PUDDING

2 Cups Hot Butternut Squash, mashed
2 1/2 Tablespoons Butter or Margarine
1 Cup Sugar
1/3 Cup Milk
1/2 Teaspoon Salt
1 Teaspoon Cinnamon
1 Teaspoon Nutmeg
3 Eggs

Preheat oven to 325 °F. Add butter to squash; stir until melted. Add sugar, milk, salt and spices. Beat with an electric or rotary beater until blended. Beat eggs; add to squash mixture. Pour into a greased 1 1/2 quart casserole. Bake until set, about 30 minutes. Serves 6 to 8.

STANDARD PROPORTIONS FOR WHITE SAUCE

STANDARD PROPORTIONS FOR WHITE SAUCE

FAT FLOUR MILK SALT*

Thin 1 5 mL (1 Tbsp.) 1 5 mL (1 Tbsp.) 250 mL (1 cup) 1 mL (1/4 tsp.)

Medium 30 mL (2 Tbsp.) 30 mL (2 Tbsp.) 250 mL (1 cup) 1 mL (1/4 tsp.)

Thick 50 mL (3 Tbsp.) 50 mL (3 Tbsp.) 250 mL (1 cup) 1 mL (1/4 tsp.)

Very thick 65 mL (4 Tbsp.) 65 mL (4 Tbsp.) 250 mL (1 cup) 1 mL (1/4 tsp.)

- If desired, a few grains of pepper may be added with the salt.

14-2 When preparing a white sauce, equal amounts of fat and flour are always used.

Fish and Seafood

STEAMED CLAMS

1 Dozen Clams

Melted Butter, or margarine

Wash clams thoroughly; let stand for 1 5 minutes in salted water; drain. Bring 12 mm (1/2 inch) water to a boil in a large saucepan.

Add clams and cover pan tightly. Steam clams over medium heat for 5 to 10 minutes or until clams open.

Strain broth in several layers of cheesecloth. Serve hot clams with separate dishes of broth and melted butter. Serves 2.

Fruit

STEWED RHUBARB

2 Cups Fresh Rhubarb, sliced
3 Tablespoons Water
1/2 Cup Sugar

Place rhubarb and water in a heavy saucepan. Bring to a boil. Then reduce heat and simmer fruit for 15 to 20 minutes or until tender. Add sugar and heat through. Serve warm or chilled. Serves 4.

Notes: Stewed rhubarb can be served with heavy cream for breakfast, or poured over ice cream and cake for dessert.

Dessert

STRAWBERRY BAVARIAN

Servings: 6

1 Cup Milk
1 Tablespoon Unflavored Gelatin
1/4 Cup Cold Water
2 Eggs, separated
1/2 Cup Sugar
1/2 Teaspoon Salt
1 Teaspoon Vanilla Extract
1 Cup Light Cream
1 Cup Fresh Strawberries, halved.

Scald milk in a small, heavy saucepan. Soften gelatin in cold water. In the top of a double boiler, beat egg yolks; add sugar and salt, beating until well mixed. Slowly add scalded

milk, stirring constantly with a wire whisk.

Place custard over simmering water. Cook, stirring constantly, until the custard coats the back of a metal spoon. Remove custard from the heat and add softened gelatin, stirring until gelatin dissolves. Cool slightly. Add vanilla and light cream to custard and refrigerate until mixture begins to thicken.

In medium mixing bowl, beat egg whites until stiff peaks form. (Egg whites should not be dry or they will be difficult to fold into the custard.) Fold beaten egg whites into chilled custard. Fold in strawberries. Gently pour Bavarian into a 2 L (2 quart) mold which has been rinsed with cold water. Chill until firm. Unmold Bavarian just before serving and garnish with whipped cream and strawberries

*Notes: A recipe for strawberry
Bavarian cream.*

Asia, Beef, Foods of the World

SUKIYAKI (beef and vegetables cooked in a seasoned liquid)

Servings: 6

2 Pounds Beef Tenderloin, or sirloin steak
8 Ounces Shirataki (long noodle-like threads)
or vermicelli
2 Medium Onions, sliced crosswise
5 Leeks, split lengthwise and cut in 1 1/2 inch
lengths)
3/4 Pound Fresh Mushrooms, washed and split
lengthwise in 1/4 inch pieces

5 Stalks Celery, cut diagonally into 1 /4 inch slices
1 Pound Fresh Spinach, cleaned (or 1 package frozen leaf spinach thoroughly defrosted)
1/2 Pound Soybean Cake (bean curd), cut into cubes
1/2 Cup Japanese Soy Sauce
2 Tablespoons Sugar
1 /2 Cups Beef Broth, ¥
6 Tablespoons Butter or Margarine

Slice beef crossgrain into paper-thin slices, 1 by 2 inches. (Slightly frozen meat is easier to slice.) Trim fat.

Bring one cup of water to a boil. Add shirataki and return to boil. Drain and slice into thirds.

Prepare other vegetables as directed. Arrange meat and vegetables attractively on serving platter and refrigerate, covered with plastic wrap.

Combine soy sauce, sugar and beef broth in a small bowl. Cover and refrigerate. To cook sukiyaki, heat three tablespoons butter or margarine in wok (over moderately high heat) or electric skillet (425 F). Add half of the beef slices and cook until meat loses its pink color.

Push meat to the side. Add half of the onions and leeks and cook until transparent and lightly browned.

(Turn meat as needed.) Push vegetables to the side. Add half of the mushrooms and half of the celery in two groups. Stir-fry 2 to 3 minutes. Add half the sauce and simmer about 5 minutes. Turn all foods occasionally. Add half of the spinach and cook 1 minute. Add half of the noodles or vermicelli and bean curd. (These will absorb the broth.)

Serve immediately or keep warm in a 225 °F oven while you cook the remaining half of the ingredients.

Serves 4 to 6.

Asia, Foods of the World, Seafood

SUMASHI (clear broth with tofu and shrimp)

Servings: 6

2 Cups Water

1 Cake Tofu (soybean Curd), 6 ounces, cut into

6 Equal Squares

1 Cup Water

salt

**7 Spinach Leaves (or 1/2 package frozen leaf spinach
thoroughly defrosted and separated into leaves)**

4 Cups Clam Broth

2 Cups Chicken Broth

6 Small Canned Shrimp

In small saucepan, bring 2 cups of water to a boil. Add tofu and let water return to a simmer.

Remove from heat immediately and cover. Set aside until ready to serve soup. In a second saucepan, bring 1 cup lightly salted water to a boil.

Add spinach and cook just until crisp-tender. Drain immediately and rinse under cold running water. Remove excess moisture with paper towels and set aside.

Wash saucepan. Combine clam broth and chicken broth and bring to a boil. Meanwhile, set six soup bowls on a tray.

Place a spinach leaf, a shrimp and a cube of tofu in the bottom of each. Pour soup into bowls, filling each about 3/4 full and

being careful not to disturb garnish. (Pour soup down the sides of the bowls.)

Serve immediately. Serves 6.

SWEET LELANI

Servings: 8

2 Small Cans Frozen Orange Juice
1 Large Can Pineapple Juice
1/2 Cup Sugar
1/3 Cup Lemon Juice
1 Large Bottle Ginger Ale, 32 ounces
pineapple spears
maraschino cherries

Combine all ingredients except ginger ale, pineapple spears and cherries. Stir. Add ginger ale just before serving. Pour drink into ice filled glasses. Garnish each with a pineapple spear and a maraschino cherry.
Serves 8 to 10.

Europe, Foods of the World

SYLTEDE RODBEDER (pickled beets)

1/4 Cup Cider Vinegar
1/4 Cup White Vinegar
1/2 Cup Sugar
1 Teaspoon Salt
1 Dash Pepper
2 1/2 Cups Thinly Sliced Canned Beets

In a 1 1/2 to 2 quart stainless steel saucepan, combine all ingredients but beets. Boil briskly for 2 minutes. While marinade boils, place beets in a deep stainless steel or glass bowl. Pour hot marinade over beets; let cool to room temperature, uncovered. Cover bowl and refrigerate at least 12 hours, stirring

occasionally. Makes 2 1/2 cups.

T

Asia, Foods of the World, Main Dish

T'IEN-SUAN-KU-LAO-JOU (sweet and sour pork)

Servings: 6

2 Eggs, lightly beaten
1 1/2 Teaspoons Salt
1 Teaspoon Soy Sauce
1/2 Cup Cornstarch
1/2 Cup All-purpose Flour
1/2 Cup Chicken Stock
2 Pounds Lean Pork, trimmed and cut into 1 inch cubes
3 Cups Vegetable Oil

Sauce:

2 Tablespoons Cooking Oil
3 Green Onions Finely Chopped
3 Medium Green Peppers, cleaned, seeded and cut into strips
2 Cups Canned Pineapple Chunks, drained (reserve liquid)
3 Tablespoons Brown Sugar
1/2 Teaspoon Powdered Ginger
3/4 Cup Reserved Pineapple Juice
4 1/2 Tablespoons Cider Vinegar
1 1/2 Tablespoons Red Wine Vinegar
3 Tablespoons Soy Sauce
1 1/2 Tablespoons Cornstarch, dissolved in
2 Tablespoons Cold Water

In large bowl, combine eggs, salt, 1 teaspoon soy sauce, cornstarch, flour and chicken stock. Set aside.

Prepare and assemble all other ingredients. Just before cooking, add pork cubes to coating batter. With fork or chopsticks, stir to coat cubes evenly.

Preheat oven to 250 °F. Put 3 cups oil into wok or deep saucepan. Over high heat, heat oil until it reaches a temperature of 375 °F.

Add pork cubes, a few at a time, fry until crisp and golden. Remove to paper towel-lined baking pan to drain.

Then, put in baking dish and keep warm in oven.

Pour off remaining oil. Add 2 tablespoons fresh oil to wok or very large skillet and heat over high heat for 30 seconds.

Add green onions and green peppers and stir-fry about 2 to 3 minutes. Add pineapple and stir-fry an additional minute. Add brown sugar, powdered ginger, pineapple juice, cider vinegar, red wine vinegar and soy sauce. Cook until bubbly.

Mix cornstarch in 2 tablespoons cold water. Add to sauce.

Cook, stirring constantly, until sauce thickens and becomes clear. Pour sauce over fried pork cubes and serve immediately.

Serves 5 to 6.

Main Dish

TACOS

Servings: 6

3/4 Pound Lean Ground Beef
1 Envelope Commercial Taco Or
Chili Seasoning Mix
3/4 Cup Tomato Juice
6 Tortillas
Softened Butter or Margarine
Shredded Lettuce
Shredded Monterey Jack Cheese
Coarsely Chopped Tomatoes
Taco Sauce

In large skillet brown ground beef, pouring off fat as it

accumulates. When meat is browned, add seasoning mix and tomato juice. Stir well. Simmer, covered about 10 minutes, stirring occasionally.

Meanwhile, arrange tortillas on greased baking sheet; brush with butter or margarine. Bake at 400 °F 10 to 15 minutes.

(Tortillas should begin to set, but they should still be flexible.) Remove from pan and fold in half to form shells. To serve tacos, set out individual bowls of meat mixture, lettuce, cheese and tomatoes.

Each World food recipes 589

person can prepare his or her own taco and top with taco sauce, if desired.

Serves 6.

Beef, Latin America, Main Dish

TACOS 1

3/4 Pound Lean Ground Beef
1 Envelope Commercial Taco Or
chili seasoning mix
3/4 Cup Tomato Juice
6 Tortillas
softened butter or margarine
shredded lettuce
shredded Monterey Jack cheese
coarsely chopped tomatoes
taco sauce

In large skillet brown ground beef, pouring off fat as it accumulates. When meat is browned, add seasoning mix and tomato juice. Stir well. Simmer, covered about 10 minutes, stirring occasionally. Meanwhile, arrange tortillas on greased baking sheet; brush with

butter or margarine. Bake at 400 °F 10 to 15 minutes.

(Tortillas should begin to set, but they should still be flexible.) Remove from pan and fold in half to form shells. To serve tacos, set out individual bowls of meat mixture, lettuce, cheese and tomatoes. person can prepare his or her own taco and top with taco sauce, if desired. Serves 6.

Main Dish, Our American Heritage, Pork

TAHITIAN PORK

3 Tablespoons Cornstarch
2 Tablespoons Soy Sauce
2 Pounds Lean Pork, cut into 1 inch cubes
1 Tablespoon Vegetable Oil
1 Can Pineapple Chunks, 20 ounces
1/3 Cup Cider Vinegar
1/4 Cup Brown Sugar, firmly packed
1 Teaspoon Garlic Salt
1/4 Cup Water
1/2 Head Cabbage Shredded

In medium mixing bowl, combine 2 tablespoons cornstarch with soy sauce. Add pork cubes and toss until all pieces are coated.

Heat oil in a heavy skillet until hot but not smoking.

Add pork cubes and fry until browned. Remove browned pork to absorbent paper to drain. Remove any remaining oil from skillet.

Drain pineapple, reserving syrup. Return meat cubes to skillet.

Add pineapple syrup, vinegar, brown sugar and garlic salt.

Bring pork mixture to a boil; reduce heat and simmer 45 minutes. Dissolve remaining tablespoon of cornstarch in a small amount of

cold water. Add dissolved cornstarch to meat mixture.

Cook, stirring constantly, until sauce is thickened and translucent. Add pineapple and heat

through. Serve Tahitian pork on a bed of shredded cabbage.
Serves 6.

Asia, Foods of the World

TAN-HUA-T'ANG (egg drop soup)

Servings: 6

5 Cups Chicken Stock
3/4 Cup Minced Chicken
1 Tablespoon Cornstarch
3 Tablespoons Cold Water
2 Eggs, lightly beaten
2 Scallions, finely chopped

In large saucepan, bring chicken stock to a boil.
Reduce heat to moderate and add chicken. Simmer 5 minutes.
Mix cornstarch with cold water.

Add to soup, stirring until soup thickens and becomes clear.

Slowly pour in eggs and stir once, gently. Turn off the heat. Taste soup to see if it needs salt.

Transfer to a heated soup tureen and garnish with chopped scallions. Serves 5 to 6.

Our American Heritage, Salads, Vegetables

THREE BEAN SALAD

1 1/2 Cups Canned Red Kidney Beans, drained
1 Cup Canned White Kidney Beans, drained
1 Cup Canned Chick-peas, drained
1/2 Cup Finely Chopped Onion
1/4 Teaspoon Garlic Powder
1 1/2 Tablespoons Chopped Parsley
2 Small Green Peppers, seeded and chopped
1 1/4 Teaspoons Salt
1 Dash Pepper
1/3 Cup Red Wine Vinegar
1 Teaspoon Sugar

1/2 Cup Vegetable Oil

Using a strainer or colander, rinse drained beans and chick-peas under cold running water; drain and rinse beans, again. Pat beans dry with paper towels. In large bowl, combine beans, chick-peas, onion, garlic powder, green pepper, and salt and pepper; mix well. In small bowl combine vinegar, sugar and oil. Pour dressing over beans and toss. Let salad stand for an hour before serving.

Notes: (If salad must stand longer, refrigerate.) Serves 6 to 8.

Beef, Timeable Charts

TIMETABLE FOR DEFROSTING

Use this timetable as a guide when defrosting meat in the refrigerator.

Main Dish

TORTILLAS

Servings: 6

1 Cup Instant Masa Harina, plus 2 tablespoons (corn flour)

1/2 Teaspoon Salt

2/3 Cup Cold Water

In medium mixing bowl, combine corn flour and salt.

Gradually add all but 2 tablespoons of the water.

Knead mixture with hands, adding more water (1

tablespoon at a time) until dough no longer sticks to the fingers.

Divide the dough in half. With a rolling pin roll dough between

sheets of waxed paper to a thickness of 1/16 inch. Using a 6 inch

plate as a pattern, cut around the plate with a sharp knife or

pastry wheel. Stack rounds of dough between pieces of waxed

paper. Preheat oven to 250 °F. Heat a heavy 7 to 8 inch skillet over moderate heat. Cook tortillas one at a time. When lightly browned (about 2 minutes on each side) transfer to foil and keep warm in the oven.

Fill as desired.

* Note: Tortillas may be made ahead and refrigerated lightly covered. To rewarm tortillas, brush both sides with water and heat for a few minutes in a skillet, one at a time. Makes 6.

TORTILLAS 1

Servings: 6

1 Cup Plus 2 Tablespoons Instant Masa Harina (corn flour)

1/2 Teaspoon Salt

2/3 Cup Cold Water

In medium mixing bowl, combine corn flour and salt.

Gradually add all but 2 tablespoons of the water.

Knead mixture with hands, adding more water (1

tablespoon at a time) until dough no longer sticks to the fingers.

Divide the dough in half. With a rolling pin roll dough between sheets of waxed paper to a thickness of 1/16 inch. Using a 6 inch plate as a pattern, cut around the plate with a sharp knife or pastry wheel. Stack rounds of dough between pieces of waxed paper. Preheat oven to 250 °F. Heat a heavy 7 to 8 inch skillet over moderate heat.

Cook tortillas one at a time. When lightly browned (about 2 minutes on each side) transfer to foil and keep warm in the oven. Fill as desired.

* Note: Tortillas may be made ahead and refrigerated lightly covered. To rewarm tortillas, brush both sides with water and

heat for a few minutes in a skillet, one at a time. Makes 6.

Yield: (flat cornbread)

Foods of the World, Latin America, Sides, Vegetables

TORTILLAS DE MAIZ (corn pancakes)

1 Cup Defrosted Frozen Corn Kernels
1/3 Cup Vegetable Oil
8 Eggs
2 Tablespoons All-purpose Flour
1 Teaspoon Salt
4 Tablespoons Butter or Margarine (4 to 6)
1/2 Cup Sour Cream
1 1/2 Tablespoons Chopped Fresh Parsley

Using paper towels, pat corn completely dry. In a large, heavy skillet heat oil until hot but not smoking.

Add corn and cook until lightly browned. Remove corn to plate lined with paper towels to drain. In large mixing bowl, beat eggs until foamy. Add flour and salt. In small skillet or crepe pan, heat 1 tablespoon butter or margarine until it foams.

Pour in

1/4 cup batter and sprinkle with 2 tablespoons corn. As tortilla cooks, gently lift edges to allow uncooked batter to flow underneath.

When tortilla is brown on the bottom, flip with a spatula and cook other side 1 minute. Slide tortilla onto a heated platter and keep warm in a 225 °F oven. Continue making tortillas, adding a teaspoon of butter or margarine before frying each. Serve tortillas topped with 1 tablespoon of sour cream and chopped parsley.

TOSSED GREENS WITH RANCH DRESSING

- 1 Cup Plain Yogurt
- 2 Teaspoons Prepared Mustard
- 1 1/2 Teaspoons Lemon Juice
- 1 Tablespoon Chopped Green Onion (tops and bottoms)
- 3 Teaspoons Chives
- 5 Cups Assorted Salad Greens (5 to 6)

In small bowl, combine yogurt, mustard, lemon juice and chives. Cover and refrigerate dressing until well chilled. Meanwhile, clean salad greens and tear into bite-sized pieces. When ready to serve, place greens in large salad bowl. Toss with dressing and serve immediately. Serves 6.

Dessert

TROPICAL RICE

Servings: 6

- 1 Cup Raw, white rice
- 2 Cups Water
- 1/2 Teaspoon Salt
- 1/4 Cup Drained Crushed Pineapple
- 1/4 Cup Flaked Coconut

In a large saucepan, bring salted water to a boil. Add rice and stir gently with a fork until water returns to a boil. Reduce heat, and tightly cover pan. Cook rice over low heat until tender, about 15 to 30 minutes. Remove from heat; add coconut and pineapple. Serve immediately. Makes 6 servings, 125 mL (1/2 cup).

Yield: 1/2 cup each

Dessert

TROPICAL SHERBET

2 Cups Sugar
1 Pinch Salt
juice of two oranges
juice of two lemons
1 Cup Crushed Pineapple
2 Bananas, mashed
1 Cup Milk
1 Cup Heavy Cream, whipped
2 Egg Whites, beaten

Combine sugar, salt, fruit juices, pineapple, bananas and milk in large mixing bowl. Fold whipped cream into fruit and milk mixture. Then, fold in beaten egg whites.

Pour mixture into ice cube trays or loaf pans and cover with aluminum foil. Place sherbet in freezer. Freeze until solid, (2 to 3 hours) stirring twice.

Yield: 2 gallons

Notes: Yield: 2 L (1/2 gallon).

14-11 Whipped cream and beaten egg whites help keep this sherbet smooth and creamy.

v

Dessert

VANILLA ICE CREAM

4 Cups Milk
4 Eggs, beaten
1 1/2 Cups Sugar
1/4 Teaspoon Salt
2 Tablespoons Vanilla
4 Cups Light Cream

Combine milk, beaten eggs, sugar and salt in a heavy saucepan. Cook over low heat, stirring constantly, until custard thickens and coats the back of a metal spoon.

Remove from heat and chill. Add vanilla and cream. Pour the mixture into the canister of an ice cream freezer and freeze according to manufacturer's directions.

Yield: 1 Gallion

Dessert

VANILLA PUDDING

Servings: 4

3 1/2 Tablespoons Cornstarch

1/2 Cup Sugar

1 Dash Salt

2 Cups Milk

2 Egg Yolks or 1 Whole Egg, slightly beaten

1 Tablespoon Butter or Margarine

1 Teaspoon Vanilla

Mix cornstarch, sugar and salt in a heavy saucepan. Add cold milk slowly, stirring to form a smooth paste. Cook mixture over moderate heat, stirring constantly until it comes to a boil.

Cook for one minute longer to thoroughly cook starch. Add a small amount of the milk mixture to the beaten eggs; stir until smooth.

Add warmed egg mixture to the milk mixture and return to the heat. Stir pudding constantly until it bubbles.

Remove from heat and add butter or margarine and vanilla. Stir until smooth. Pour pudding into dessert dishes.

Chill until set. Top with sliced fruit, coconut or chopped nuts

before serving if desired.

Notes: A light Bavarian cream is an attractive addition to a dessert buffet.

14-7 Vanilla cornstarch pudding can be dressed up with sliced fruit, coconut or chopped nuts.

Fish and Seafood

VEGETABLE STUFFED HALIBUT

Servings: 6

2 Large Halibut Steaks
1/3 Cup Chopped Onion
1 Stalk Celery, diced
1/4 Pound Fresh Mushrooms, sliced
1 Carrot, grated
1 1/2 Tablespoons Butter
2 Tablespoons Water
1 Tablespoon Chopped Parsley
2 Teaspoons Lemon Juice
1/2 Teaspoon Salt
1/2 Teaspoon Rosemary
salt and pepper
2 Slices Bacon, diced

Thaw frozen halibut steaks.

Simmer onion, celery, mushrooms and carrot in covered saucepan with butter and water for 5 minutes.

Add parsley, lemon juice, salt and rosemary; mix thoroughly

Season halibut steaks with salt and pepper. Place one steak in an oiled baking pan and cover it with vegetable stuffing.

Put the second steak on top of

the stuffing.

Sprinkle chopped bacon over the top steak.

Bake at 190°C (375 °F) for about 20 to 25 minutes or until fish flakes easily when tested with a fork

Garnish with parsley and lemon slices. Serves 6.

Notes: 12-19 Halibut steaks can be stuffed with fresh vegetables before baking.

w

Fruit, Fruits and Vegetables, Our American Heritage, Salads

WAIMEA SALAD

2 Cans Pineapple Chunks, 1 pound 4 ounces each

2 Cans Oranges, drained, 1 1 ounces each

4 Cups Halved Strawberries

3 Tablespoons Fresh Lime Juice

3 Tablespoons Vegetable Oil

1 Teaspoon Mint

1/2 Teaspoon Curry Powder

1/4 Teaspoon Salt

crisp salad greens

4 Bananas, sliced

Drain pineapple, reserving 3/4 cup juice. Chill pineapple, oranges, and strawberries. Blend reserved pineapple syrup, lime juice, oil, mint, curry powder and salt in a small bowl and refrigerate, covered.

When ready to serve salad, arrange crisp greens on large serving platter. Add bananas to other fruits.

Attractively arrange fruits on greens.

Serve with dressing.
Serves 8 to 10.

Fruit, Salads

WALDORF SALAD

Servings: 6

4 Eating Apples (4 to 6) firm
Juice of One Lemon
1 Cup Celery, chopped
1/2 Cup Pecans, broken
1/3 Cup Mayonnaise
1 Tablespoon Sugar
2 Tablespoons Milk
1/2 Cup Heavy Cream, whipped

Wash, core and dice apples; place in a medium-sized bowl. Toss with lemon juice; drain.

Add celery and pecans to apples. Combine mayonnaise, sugar and milk in large bowl.

Fold in whipped cream. Then fold apple mixture into dressing.

Serve salad on salad greens. Serves 6 to 8.

Europe, Sides

WELSH RABBIT

Servings: 6

1/4 Cup Butter or Margarine
1/4 Cup All-purpose Flour
1/2 Teaspoon Salt
1/4 Teaspoon Pepper
1/4 Teaspoon Dry Mustard
1/2 Teaspoon Worcestershire Sauce
1 1/2 Cups Milk
2 Cups Shredded Cheddar Cheese
4 Slices Toast, cut into quarters (4 to 6)

Melt butter or margarine over low heat. Blend in flour and seasonings, stirring until the mixture is smooth.

Add milk slowly, stirring constantly. Cook sauce until it is smooth and thick. Remove sauce from heat and add cheese, stirring constantly until the cheese is melted. Serve over toast points. Garnish with hardcooked egg wedges, parsley or paprika.

Serves 4 to 6.

Bake Goods

WHITE BREAD

1 Cup Milk
1/2 Tablespoon Sugar
1/2 Teaspoon Salt
1 Tablespoon Shortening
1 Package Active Dry Yeast
1/4 Cup Warm Water
3 Cups All-purpose Flour (3 to 3 1/2)

Scald milk in small saucepan; add sugar, salt and shortening. Pour into large mixing bowl and cool to lukewarm, 27 to 29 °C (80 to 85 °F). Soften yeast in warm water, 43 to 46 °C (110 to 115 °F). Add the softened yeast to the cooled milk mixture. Then add half of the flour. Beat with spoon until batter falls in sheets from the spoon. Stir in enough flour to make a soft dough which is easy to handle. Turn dough out onto a lightly floured pastry cloth or bread board and let rest 5 minutes. Knead until smooth and blistered, about 10 minutes. Place dough in a greased bowl, turning to lightly grease top. Cover bowl and let dough rise in a warm place until double in bulk, about 1 to 1 1/2 hours. Punch down and let rest about 10 minutes. Shape into a loaf. Place loaf, seam side

down into a greased loaf pan; cover and let rise in a warm place until almost double in bulk, about 30 to 45 minutes. Bake loaf at 220 °C (425 °F) for 25 minutes. Remove immediately from pan and cool. Makes 1 loaf.

Bake Goods, Our American Heritage

WHOLE WHEAT BREAD (cool rise)

5 1/2 Cups Unsifted All-purpose Flour (5 1/2 to 6)
2 Cups Unsifted Whole Wheat Flour
3 Tablespoons Sugar
4 Teaspoons Salt
2 Packages Active Dry Yeast
2 Cups Milk
3/4 Cup Warm Water
1/4 Cup Softened Butter or Margarine

On a large sheet of waxed paper, combine all-purpose and whole wheat flours. In large mixing bowl, combine 2 1/2 cups flour mixture, sugar, salt and dry yeast. In small saucepan, combine milk, water and butter or margarine. Heat over low until very warm (120 to 130 °F). Butter or margarine does not need to completely melt.

Gradually add warm liquids to dry ingredients; beat at medium speed of electric mixer two minutes. Add 1 cup flour mixture and beat mixture on high speed another 2 minutes, scraping bowl occasionally. Stir in enough additional flour mixture to make a stiff dough. Turn dough out onto lightly floured board or pastry cloth. Knead until smooth and elastic, about 8 to 10 minutes.

Cover with plastic wrap and then a towel. Let rest 20 minutes.

Divide dough in half. Roll each half into a rectangle. Shape into loaves and place in two greased 9 by 5 inch loaf pans. Brush tops with oil. Cover with plastic wrap and refrigerate 2 to 24 hours. When ready to bake, remove dough from refrigerator; let stand 10 minutes. Using a greased toothpick, prick any bubbles which may have formed. Bake bread at 400 °F about 40 minutes or until loaves are golden and sound hollow when tapped with knuckles.

Remove bread from pans and cool thoroughly before storing.
Makes 2 loaves.

Index

A

ANGEL FOOD CAKE	1
ANTIPASTO (appetizers)	1
APPLE PIE	2
AVOCADO SALAD	4
AVOCADO, CARROT AND ORANGE SALAD	5

B

BADAMI GOSHT KORMA (lamb and almond curry)	5
BAKED APPLES	6
BAKED CUSTARD	7
BAKED POTATOES	7
BAKING POWDER BISCUITS	8
BAKLAVA (layered pastry with walnuts and honey syrup)	9
BARBECUED BEEF SHORT RIBS	10
BATTER-DIPPED SHRIMP	10
BISCUITS	11
BLACKBERRY BUCKLE	12
BLUEBERRY MUFFINS	13
BOILED DINNER	13
BORSCHT (beet soup)	14
BOSTON BAKED BEANS	15
BRAISED BREADED PORK CHOPS	16
BROCCOLI WITH CHEESE SAUCE	16
BROILED GRAPEFRUIT HALVES	17
BROILED STEAK	18
BROILED TOMATOES	18
BROWN BREAD	19
BRUNEDE KARTOFLER (caramelized potatoes)	19

C

CARBONADA CRIOLLA (beef stew Argentina)	20
CENCI (deep-fried sweet pastry)	21
CH' UN-CHUAN (egg rolls)	22
CHALLAH	25
CHAO-HSUEH-TOU (stir-fried snow peas, mushrooms and bamboo shoots)	26
CHAPATIS (unleavened bread)	27
CHATNI (mixed fruit chutney)	28
CHEESE SOUFFLE	28
CHERNYI KHLIB (black bread)	29
CHOCOLATE CHIP COOKIES	31
CHURROS (fried crullers)	32
COCOA	32
COCONUT LOAF	33
COLESLAW	34
COOKED SALAD DRESSING	34
CORN ON THE COB	35

Index

CORNED BEEF AND CABBAGE	35
COUVE A MINEIRA (shredded kale greens)	36
CREAM OF TOMATO SOUP	36
CREAM PUFFS	37
CREAMED NEW POTATOES AND PEAS	38
D	
DEVILED CAULIFLOWER	39
E	
EMPANADAS (turnovers)	39
EMPANADILLAS (turnovers)	40
ENCHILADAS VERDES	42
ENGLISH TRIFLE	43
ENSALADA CATALANA (Catalan salad)	44
ENSALADA DE VALENCIANO (pepper salad)	45
F	
FATTIGMAND (fat men cookies)	45
FETTUCCINE VERDE AL BURRO (green noodles with butter and cheese)	46
FLAN (caramel custard)	47
FRENCH DRESSING	48
FRIED CHICKEN	48
FRIED RICE	49
FRIJOLES REFritos (refried beans)	49
FRUIT WHIP	50
FUDGE	51
G	
GARAM MASALA (Indian spice mixture)	52
GAZPACHO (cold fresh vegetable soup)	52
GEFILTE FISH	53
GERMAN POTATO SALAD	53
GHEE (clarified butter)	54
GLAZED CARROTS	55
GOHAN (steamed rice)	55
GREEN BEANS	56
GREENS WITH VINEGAR AND OIL DRESSING	56
GRUn SALAT MIT HEISS SPECK SOCCE (green salad with hot bacon dressing)	57
H	
HALVA (semolina dessert)	58
HERO SANDWICH	58
HONEY CAKE	59
HSING-JEN-PING (almond cookies),	60
K	
KARTOFFELPUFFER MIT APFELMUS (potato pancakes with applesauce)	61
KARTOPLIA SOLIMKOI (deep-fried straw potatoes)	61
KESAKEITTO (summer soup)	62
KOTLETY PO-KYIVSKOMU (chicken Kiev)	63
KOTTBULLAR (Swedish meatballs)	64

Index

KOURAMBIEDES (walnut cookies)	65
KRINGLA (double-ring twist biscuits)	66
L	
LAMB CHOPS DELUXE	67
LEMON YOGURT MOLD	67
LENTIL SOUP	68
LIMPA (Swedish rye bread)	68
LIVER AND PINEAPPLE	70
LOBSTER TAILS	71
M	
MACADAMIA NUT CHIFFON PIE	71
MACARONI AND CHEESE	73
MASLO GAROKH (buttered peas)	73
MAST VA KHIAR (cucumber and yogurt salad)	74
MAYONNAISE	74
MERINGUE SHELLS	75
MEXICAN CORNBREAD	76
MINESTRONE (vegetable soup)	76
MOUSSAKA (baked eggplant, lamb and tomatoes with cream sauce)	77
MOUSSE AU CHOCOLAT (chocolate mousse)	79
MUFFINS	80
N	
NACHOS	80
NAMASU (daikon and carrot in vinegar dressing)	81
NEW ENGLAND CLAM CHOWDER	82
NEW POTATOES AND PEAS	82
NOODLE KUGEL	83
P	
PAELLA (saffron rice with seafood and chicken)	84
PAI-FAN (steamed rice)	85
PAIN (French bread—cool rise)	86
PANNE (Italian bread - cool rise)	87
PARSLEY BUTTERED POTATOES	88
PASKHA (Easter cheesecake)	89
PASTRY	90
PEANUT BRITTLE	91
PECAN PIE	92
PFLAIJMENKUCHEN (plum cake)	92
PILAV (rice pilaf)	93
PIROZHKI (small pastries filled with meat)	94
PITA (pocket bread)	95
PLATANOS TUMULTO (broiled bananas)	96
POACHED PEARS	97
POACHED SALMON	97
POLLO ALLA CACCIATORE (chicken hunter-style)	98
POLVORONES (Mexican wedding cookies)	99

Index

POPOVERS	99
POULET AU CITRON (chicken with lemon)	100
PSOMI (Greek bread)	101
PULAO (rice)	102
PUMPERNICKEL (rye bread from Westphalia)	102
PUMPKIN CHIFFON PIE	104
PUMPKIN PIE	105
R	
RAITA (yogurt with cucumber and tomato)	105
RASILEIRAS (coconut cookies)	106
RATATOUI LLE (Mediterranean vegetable casserole)	107
REFRIGERATOR ROLLS	108
ROASTED CHICKEN	109
ROLLED BEEF RIB ROAST	109
ROTKOHL (red cabbage)	110
RYE BREAD	110
S	
SALADE VERTE (green salad)	111
SALATA JHORIATIKI (rural salad)	112
SALMON STEAKS WITH DILL SAUCE	113
SAMOSAS (stuffed savory pastries)	114
SANGRIA (mock red wine punch)	115
SAUERBRATEN (marinated beef in sweet sour sauce)	115
SAUERBRATEN WITH GINGERSNAP GRAVY	116
SCALLOP KABOBS	117
SCONES	118
SHISH KEBABS (lamb kebabs)	119
SHOOFLY PIE	120
SHORTENED CAKE (Conventional Method)	120
SHORTENED CAKE (Quick Mix Method)	121
SILL MED KREMSAUS (herring in cream sauce)	122
Snow Peas	123
SOFT CUSTARD	123
SOPAPILLAS	124
SOUPA AVGOLEMONO (egg-lemon soup)	124
SOUPE A L'OIGNON (onion soup)	125
SOURDOUGH BREAD	126
SOUTHERN FRIED CHICKEN with Gravy	127
SPECIAL BEEFBURGERS	128
SQUASH PUDDING	129
STANDARD PROPORTIONS FOR WHITE SAUCE	130
STEAMED CLAMS	130
STEWED RHUBARB	131
STRAWBERRY BAVARIAN	131
SUKIYAKI (beef and vegetables cooked in a seasoned liquid)	132

Index

SUMASHI (clear broth with tofu and shrimp)	134
SWEET LELANI	135
SYLTEDE R0DBEDER (pickled beets)	135
T	
T'IEN-SUAN-KU-LAO-JOU (sweet and sour pork)	136
TACOS	137
TACOS 1	138
TAHITIAN PORK	139
TAN-HUA-T'ANG (egg drop soup)	140
THREE BEAN SALAD	140
TIMETABLE FOR DEFROSTING	141
TORTILLAS	141
TORTILLAS 1	142
TORTILLAS DE MAIZ (corn pancakes)	143
TOSSED GREENS WITH RANCH DRESSING	144
TROPICAL RICE	144
TROPICAL SHERBET	144
V	
VANILLA ICE CREAM	145
VANILLA PUDDING	146
VEGETABLE STUFFED HALIBUT	147
W	
WAIMEA SALAD	148
WALDORF SALAD	149
WELSH RABBIT	149
WHITE BREAD	150
WHOLE WHEAT BREAD (cool rise)	151

Category Index

Asia

BADAMI GOSHT KORMA (lamb and almond curry)	5
BORSCHT (beet soup)	14
CH' UN-CHUAN (egg rolls)	22
CHAO-HSUEH-TOU (stir-fried snow peas, mushrooms and bamboo shoots)	26
CHAPATIS (unleavened bread)	27
CHATNI (mixed fruit chutney)	28
CHERNYI KHLIB (black bread)	29
GARAM MASALA (Indian spice mixture)	52
GHEE (clarified butter)	54
HALVA (semolina dessert)	58
HSING-JEN-PING (almond cookies),	60
KARTOPLIA SOLIMKOI (deep-fried straw potatoes)	61
KOTLETY PO-KYIVSKOMU (chicken Kiev)	63
MASLO GAROKH (buttered peas)	73
NAMASU (daikon and carrot in vinegar dressing)	81
PAI-FAN (steamed rice)	85
PASKHA (Easter cheesecake)	89
PIROZHKI (small pastries filled with meat)	94
PULAO (rice)	102
RAITA (yogurt with cucumber and tomato)	105
SAMOSAS (stuffed savory pastries)	114
Snow Peas	123
SUKIYAKI (beef and vegetables cooked in a seasoned liquid)	132
SUMASHI (clear broth with tofu and shrimp)	134
T' IEN-SUAN-KU-LAO-JOU (sweet and sour pork)	136
TAN-HUA-T'ANG (egg drop soup)	140

Bake Goods

BAKING POWDER BISCUITS	8
BISCUITS	11
BLUEBERRY MUFFINS	13
BROWN BREAD	19
CHALLAH	25
CHAPATIS (unleavened bread)	27
CHERNYI KHLIB (black bread)	29
COCONUT LOAF	33
CREAM PUFFS	37
EMPANADAS (turnovers)	39
KRINGLA (double-ring twist biscuits)	66
LIMPA (Swedish rye bread)	68
MEXICAN CORNBREAD	76
MUFFINS	80
PAIN (French bread—cool rise)	86
PITA (pocket bread)	95
POPOVERS	99

Category Index

PSOMI (Greek bread)	101
REFRIGERATOR ROLLS	108
RYE BREAD	110
SCONES	118
SOURDOUGH BREAD	126
WHITE BREAD	150
WHOLE WHEAT BREAD (cool rise)	151
Beef	
BARBECUED BEEF SHORT RIBS	10
BROILED STEAK	18
CARBONADA CRIOLLA (beef stew Argentina)	20
CORNED BEEF AND CABBAGE	35
EMPANADAS (turnovers)	39
PIROZHKI (small pastries filled with meat)	94
ROLLED BEEF RIB ROAST	109
SAUERBRATEN (marinated beef in sweet sour sauce)	115
SAUERBRATEN WITH GINGERSNAP GRAVY	116
SUKIYAKI (beef and vegetables cooked in a seasoned liquid)	132
TACOS 1	138
TIMETABLE FOR DEFROSTING	141
Cakes, cookies, pies candies	
ANGEL FOOD CAKE	1
APPLE PIE	2
BLACKBERRY BUCKLE	12
CHOCOLATE CHIP COOKIES	31
ENGLISH TRIFLE	43
HONEY CAKE	59
MACADAMIA NUT CHIFFON PIE	71
PASTRY	90
PECAN PIE	92
POLVORONES (Mexican wedding cookies)	99
PUMPKIN CHIFFON PIE	104
PUMPKIN PIE	105
SHOOFLY PIE	120
SHORTENED CAKE (Conventional Method)	120
SHORTENED CAKE (Quick Mix Method)	121
Chicken	
ENCHILADAS VERDES	42
FRIED CHICKEN	48
KOTLETY PO-KYIVSKOMU (chicken Kiev)	63
PAELLA (saffron rice with seafood and chicken)	84
POLLO ALLA CACCIATORE (chicken hunter-style)	98
POULET AU CITRON (chicken with lemon)	100
ROASTED CHICKEN	109
SOUTHERN FRIED CHICKEN with Gravy	127

Category Index

Deep-Fry

BATTER-DIPPED SHRIMP	10
CENCI (deep-fried sweet pastry)	21
CH' UN-CHUAN (egg rolls)	22
CHURROS (fried crullers)	32
SOPAPILLAS	124

Dessert

BAKLAVA (layered pastry with walnuts and honey syrup)	9
EMPANADAS (turnovers)	39
FLAN (caramel custard)	47
FRUIT WHIP	50
HSING-JEN-PING (almond cookies),	60
MACADAMIA NUT CHIFFON PIE	71
MERINGUE SHELLS	75
MOUSSE AU CHOCOLAT (chocolate mousse)	79
PASKHA (Easter cheesecake)	89
PLATANOS TUMULTO (broiled bananas)	96
RASILEIRAS (coconut cookies)	106
SAMOSAS (stuffed savory pastries)	114
SOFT CUSTARD	123
SOPAPILLAS	124
STRAWBERRY BAVARIAN	131
TROPICAL RICE	144
TROPICAL SHERBET	144
VANILLA ICE CREAM	145
VANILLA PUDDING	146

Drinks Beveages

COCOA	32
-------	----

Europe

BRUNEDE KARTOFLER (caramelized potatoes)	19
CORNED BEEF AND CABBAGE	35
ENGLISH TRIFLE	43
FATTIGMAND (fat men cookies)	45
KARTOFFELPUFFER MIT APFELMUS (potato pancakes with applesauce)	61
KESAKEITTO (summer soup)	62
KOTTBULLAR (Swedish meatballs)	64
KRINGLA (double-ring twist biscuits)	66
LIMPA (Swedish rye bread)	68
MOUSSE AU CHOCOLAT (chocolate mousse)	79
PAIN (French bread—cool rise)	86
PARSLEY BUTTERED POTATOES	88
PFLAIJMENKUCHEN (plum cake)	92
POULET AU CITRON (chicken with lemon)	100
PUMPERNICKEL (rye bread from Westphalia)	102
RATATOUI LLE (Mediterranean vegetable casserole)	107

Category Index

ROTKOHL (red cabbage)	110
SALADE VERTE (green salad)	111
SAUERBRATEN (marinated beef in sweet sour sauce)	115
SCONES	118
SILL MED KREMSAUS (herring in cream sauce)	122
SOUPE A L'OIGNON (onion soup)	125
SYLTEDE R0DBEDER (pickled beets)	135
WELSH RABBIT	149
Fish and Seafood	
BATTER-DIPPED SHRIMP	10
GEFILTE FISH	53
LOBSTER TAILS	71
POACHED SALMON	97
SCALLOP KABOBS	117
STEAMED CLAMS	130
VEGETABLE STUFFED HALIBUT	147
Foods of the world	
ANTIPASTO (appetizers)	1
AVOCADO, CARROT AND ORANGE SALAD	5
BADAMI GOSHT KORMA (lamb and almond curry)	5
BAKLAVA (layered pastry with walnuts and honey syrup)	9
BORSCHT (beet soup)	14
BRUNEDE KARTOFLER (caramelized potatoes)	19
CENCI (deep-fried sweet pastry)	21
CH' UN-CHUAN (egg rolls)	22
CHALLAH	25
CHAO-HSUEH-TOU (stir-fried snow peas, mushrooms and bamboo shoots)	26
CHAPATIS (unleavened bread)	27
CHATNI (mixed fruit chutney)	28
CHERNYI KHLIB (black bread)	29
CHURROS (fried crullers)	32
COUVE A MINEIRA (shredded kale greens)	36
EMPANADILLAS (turnovers)	40
ENSALADA CATALANA (Catalan salad)	44
FATTIGMAND (fat men cookies)	45
FETTUCCHINE VERDE AL BURRO (green noodles with butter and cheese)	46
FLAN (caramel custard)	47
GARAM MASALA (Indian spice mixture)	52
GAZPACHO (cold fresh vegetable soup)	52
GEFILTE FISH	53
GHEE (clarified butter)	54
HALVA (semolina dessert)	58
HONEY CAKE	59
HSING-JEN-PING (almond cookies),	60
KARTOPLIA SOLIMKOI (deep-fried straw potatoes)	61

Category Index

KESAKEITTO (summer soup)	62
KOTLETY PO-KYIVSKOMU (chicken Kiev)	63
KOTTBULLAR (Swedish meatballs)	64
KRINGLA (double-ring twist biscuits)	66
LENTIL SOUP	68
LIMPA (Swedish rye bread)	68
MASLO GAROKH (buttered peas)	73
MAST VA KHIAR (cucumber and yogurt salad)	74
MINESTRONE (vegetable soup)	76
MOUSSAKA (baked eggplant, lamb and tomatoes with cream sauce)	77
NAMASU (daikon and carrot in vinegar dressing)	81
NOODLE KUGEL	83
PAELLA (saffron rice with seafood and chicken)	84
PAI-FAN (steamed rice)	85
PANNE (Italian bread - cool rise)	87
PASKHA (Easter cheesecake)	89
PIROZHKI (small pastries filled with meat)	94
PITA (pocket bread)	95
PLATANOS TUMULTO (broiled bananas)	96
POLLO ALLA CACCIATORE (chicken hunter-style)	98
PSOMI (Greek bread)	101
PULAO (rice)	102
RAITA (yogurt with cucumber and tomato)	105
RASILEIRAS (coconut cookies)	106
ROASTED CHICKEN	109
SALMON STEAKS WITH DILL SAUCE	113
SAMOSAS (stuffed savory pastries)	114
SANGRIA (mock red wine punch)	115
SHISH KEBABS (lamb kebabs)	119
SILL MED KREMSAUS (herring in cream sauce)	122
Snow Peas	123
SOUPA AVGOLEMONO (egg-lemon soup)	124
SUKIYAKI (beef and vegetables cooked in a seasoned liquid)	132
SUMASHI (clear broth with tofu and shrimp)	134
SYLTEDE RØDBEDER (pickled beets)	135
T'JEN-SUAN-KU-LAO-JOU (sweet and sour pork)	136
TAN-HUA-T'ANG (egg drop soup)	140
TORTILLAS DE MAIZ (corn pancakes)	143
Fruit	
BAKED APPLES	6
BROILED GRAPEFRUIT HALVES	17
LEMON YOGURT MOLD	67
STEWED RHUBARB	131
WAIMEA SALAD	148
WALDORF SALAD	149

Category Index

Fruits and Vegetables

COOKED SALAD DRESSING	34
SQUASH PUDDING	129
WAIMEA SALAD	148

Grill Broil

BARBECUED BEEF SHORT RIBS	10
SCALLOP KABOBS	117

Lamb

BADAMI GOSHT KORMA (lamb and almond curry)	5
LAMB CHOPS DELUXE	67

Latin America

CARBONADA CRIOLLA (beef stew Argentina)	20
COUVE A MINEIRA (shredded kale greens)	36
EMPANADAS (turnovers)	39
ENCHILADAS VERDES	42
ENSALADA DE VALENCIANO (pepper salad)	45
FRIJOLES REFritos (refried beans)	49
GRUñ SALAT MIT HEISS SPECK SOCCE (green salad with hot bacon dressing)	57
PLATANOS TUMULTO (broiled bananas)	96
POLVORONES (Mexican wedding cookies)	99
RASILEIRAS (coconut cookies)	106
TACOS 1	138
TORTILLAS DE MAIZ (corn pancakes)	143

Main Dish

BOILED DINNER	13
BOSTON BAKED BEANS	15
BRAISED BREADED PORK CHOPS	16
BROILED STEAK	18
CORNEd BEEF AND CABBAGE	35
EMPANADAS (turnovers)	39
ENCHILADAS VERDES	42
GERMAN POTATO SALAD	53
LAMB CHOPS DELUXE	67
LIVER AND PINEAPPLE	70
MOUSSAKA (baked eggplant, lamb and tomatoes with cream sauce)	77
PAELLA (saffron rice with seafood and chicken)	84
POLLO ALLA CACCIATORE (chicken hunter-style)	98
ROASTED CHICKEN	109
ROLLED BEEF RIB ROAST	109
SALMON STEAKS WITH DILL SAUCE	113
SAUERBRATEN WITH GINGERSNAP GRAVY	116
SHISH KEBABS (lamb kebabs)	119
SOUTHERN FRIED CHICKEN with Gravy	127
T'IEÑ-SUAN-KU-LAO-JOU (sweet and sour pork)	136
TACOS	137

Category Index

TACOS 1	138
TAHITIAN PORK	139
TORTILLAS	141
Our American Heritage	
AVOCADO SALAD	4
BAKED POTATOES	7
BAKING POWDER BISCUITS	8
BARBECUED BEEF SHORT RIBS	10
BLACKBERRY BUCKLE	12
BLUEBERRY MUFFINS	13
BOILED DINNER	13
BOSTON BAKED BEANS	15
BROILED STEAK	18
BROWN BREAD	19
COCONUT LOAF	33
COLESLAW	34
CORN ON THE COB	35
FRIED RICE	49
GERMAN POTATO SALAD	53
GREEN BEANS	56
GREENS WITH VINEGAR AND OIL DRESSING	56
MACADAMIA NUT CHIFFON PIE	71
MEXICAN CORNBREAD	76
NACHOS	80
NEW ENGLAND CLAM CHOWDER	82
NEW POTATOES AND PEAS	82
PECAN PIE	92
PFLAIJMENKUCHEN (plum cake)	92
PUMPERNICKEL (rye bread from Westphalia)	102
PUMPKIN PIE	105
RYE BREAD	110
SALMON STEAKS WITH DILL SAUCE	113
SAUERBRATEN WITH GINGERSNAP GRAVY	116
SHOOFLY PIE	120
SOPAPILLAS	124
SOURDOUGH BREAD	126
SOUTHERN FRIED CHICKEN with Gravy	127
SQUASH PUDDING	129
TAHITIAN PORK	139
THREE BEAN SALAD	140
TOSSED GREENS WITH RANCH DRESSING	144
WAIMEA SALAD	148
WHOLE WHEAT BREAD (cool rise)	151
Parties and picnics	
COCOA	32

Category Index

HERO SANDWICH	58
SPECIAL BEEFBURGERS	128
Pasta	
MACARONI AND CHEESE	73
NOODLE KUGEL	83
Pork	
BRAISED BREADED PORK CHOPS	16
TAHITIAN PORK	139
Salads	
ANTIPASTO (appetizers)	1
AVOCADO SALAD	4
COLESLAW	34
ENSALADA CATALANA (Catalan salad)	44
ENSALADA DE VALENCIANO (pepper salad)	45
GREENS WITH VINEGAR AND OIL DRESSING	56
LEMON YOGURT MOLD	67
MAST VA KHIAR (cucumber and yogurt salad)	74
NAMASU (daikon and carrot in vinegar dressing)	81
RAITA (yogurt with cucumber and tomato)	105
SALADE VERTE (green salad)	111
SALATA JHORIATIKI (rural salad)	112
THREE BEAN SALAD	140
TOSSED GREENS WITH RANCH DRESSING	144
WAIMEA SALAD	148
WALDORF SALAD	149
Salads Dressings	
AVOCADO SALAD	4
COOKED SALAD DRESSING	34
FRENCH DRESSING	48
MAYONNAISE	74
NAMASU (daikon and carrot in vinegar dressing)	81
RAITA (yogurt with cucumber and tomato)	105
SALADE VERTE (green salad)	111
Sandwiches	
HERO SANDWICH	58
Seafood	
PAELLA (saffron rice with seafood and chicken)	84
SALMON STEAKS WITH DILL SAUCE	113
SUMASHI (clear broth with tofu and shrimp)	134
Sides	
AVOCADO, CARROT AND ORANGE SALAD	5
BAKED POTATOES	7
BROCCOLI WITH CHEESE SAUCE	16
BROILED TOMATOES	18
CHAO-HSUEH-TOU (stir-fried snow peas, mushrooms and bamboo shoots)	26

Category Index

COLESLAW	34
CORN ON THE COB	35
COUVE A MINEIRA (shredded kale greens)	36
CREAMED NEW POTATOES AND PEAS	38
DEVEILED CAULIFLOWER	39
ENSALADA DE VALENCIANO (pepper salad)	45
FETTUCCHINE VERDE AL BURRO (green noodles with butter and cheese)	46
FRIED RICE	49
GLAZED CARROTS	55
GREEN BEANS	56
KARTOFFELPUFFER MIT APFELMUS (potato pancakes with applesauce)	61
KARTOPLIA SOLIMKOI (deep-fried straw potatoes)	61
MACARONI AND CHEESE	73
NEW POTATOES AND PEAS	82
NOODLE KUGEL	83
PARSLEY BUTTERED POTATOES	88
PILAV (rice pilaf)	93
ROTKOHL (red cabbage)	110
Snow Peas	123
SQUASH PUDDING	129
TORTILLAS DE MAIZ (corn pancakes)	143
WELSH RABBIT	149
Snacks	
AVOCADO, CARROT AND ORANGE SALAD	5
NACHOS	80
Soup, Chowder, Stew	
BORSCHT (beet soup)	14
CARBONADA CRIOLLA (beef stew Argentina)	20
CREAM OF TOMATO SOUP	36
GAZPACHO (cold fresh vegetable soup)	52
MINESTRONE (vegetable soup)	76
NEW ENGLAND CLAM CHOWDER	82
SOUPA AVGOLEMONO (egg-lemon soup)	124
SOUPE A L'OIGNON (onion soup)	125
The Mediterranean Countries	
ANTIPASTO (appetizers)	1
AVOCADO, CARROT AND ORANGE SALAD	5
BAKLAVA (layered pastry with walnuts and honey syrup)	9
CENCI (deep-fried sweet pastry)	21
CHALLAH	25
CHURROS (fried crullers)	32
EMPANADILLAS (turnovers)	40
ENSALADA CATALANA (Catalan salad)	44
FETTUCCHINE VERDE AL BURRO (green noodles with butter and cheese)	46
FLAN (caramel custard)	47

Category Index

GAZPACHO (cold fresh vegetable soup)	52
GEFILTE FISH	53
HONEY CAKE	59
LENTIL SOUP	68
MAST VA KHIAR (cucumber and yogurt salad)	74
MINESTRONE (vegetable soup)	76
MOUSSAKA (baked eggplant, lamb and tomatoes with cream sauce)	77
NOODLE KUGEL	83
PAELLA (saffron rice with seafood and chicken)	84
PANNE (Italian bread - cool rise)	87
PILAV (rice pilaf)	93
PITA (pocket bread)	95
POLLO ALLA CACCIATORE (chicken hunter-style)	98
PSOMI (Greek bread)	101
ROASTED CHICKEN	109
SALATA JHORIATIKI (rural salad)	112
SANGRIA (mock red wine punch)	115
SHISH KEBABS (lamb kebabs)	119
SOUPA AVGOLEMONO (egg-lemon soup)	124
Timeable Charts	
TIMETABLE FOR DEFROSTING	141
Vegetables	
BAKED POTATOES	7
BROCCOLI WITH CHEESE SAUCE	16
BROILED TOMATOES	18
CORN ON THE COB	35
COUVE A MINEIRA (shredded kale greens)	36
CREAMED NEW POTATOES AND PEAS	38
DEILED CAULIFLOWER	39
GLAZED CARROTS	55
GREEN BEANS	56
KARTOFFELPUFFER MIT APFELMUS (potato pancakes with applesauce)	61
KARTOPLIA SOLIMKOI (deep-fried straw potatoes)	61
MASLO GAROKH (buttered peas)	73
NEW POTATOES AND PEAS	82
PARSLEY BUTTERED POTATOES	88
RATATOUI LLE (Mediterranean vegetable casserole)	107
ROTKOHL (red cabbage)	110
SQUASH PUDDING	129
THREE BEAN SALAD	140
TORTILLAS DE MAIZ (corn pancakes)	143